

Inclusion Body Myositis: A View from the *Caenorhabditis elegans* Muscle

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Received: 29 July 2008 / Accepted: 16 August 2008 / Published online: 5 September 2008
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Abstract Inclusion body myositis (IBM) is the most common myopathy in people over 50 years of age. It involves an inflammatory process that, paradoxically, does not respond to anti-inflammatory drugs. A key feature of IBM is the presence of amyloid- β -peptide aggregates called amyloid deposits, which are also characteristic of Alzheimer's disease. The use of animals that mimic at least some characteristics of a disease has become very important in the quest to elucidate the molecular mechanisms underlying this and other pathogeneses. Although there are some transgenic mouse strains that recreate some aspects of IBM, in this review, we hypothesize that the great degree of similarity between nematode and human genes known to be involved in IBM as well as the considerable conservation of biological mechanisms across species is an important feature that must be taken into consideration when deciding on the use of this nematode as a model. Straightforward laboratory techniques (culture, transformation, gene knockdown, genetic screenings, etc.) as well as anatomical, physiological, and behavioral

characteristics add to the value of this model. In the present work, we review evidence that supports the use of *Caenorhabditis elegans* as a biological model for IBM.

Keywords IBM · Inclusion Body Myositis · Muscle · *C. elegans* · A β peptide · Myopathy · Invertebrate models

General Introduction

As we age, the chance of developing a series of illnesses increases. With the remarkable extension of life expectancy achieved in recent decades, certain neurodegenerative and muscular disorders, once rare, have become increasingly common. Among the many physiological disorders that are frequent in the elderly, we can mention Alzheimer's disease (AD) [1, 2] and inclusion body myositis (IBM) [3, 4]. While the first one is the most common form of senile dementia, the second one turns out to be the most common form of myopathy in people over 50 years of age. In spite of affecting different tissues (AD strikes the central nervous system while IBM affects the skeletal muscles), these two diseases have many features in common. Both disorders are characterized by amyloidosis, the formation of aggregates of the amyloid- β peptide (A β) derived from the proteolytic cleavage of the amyloid precursor protein, APP (Fig. 1), and by the presence of specific molecules with anomalous expression or molecular alterations.

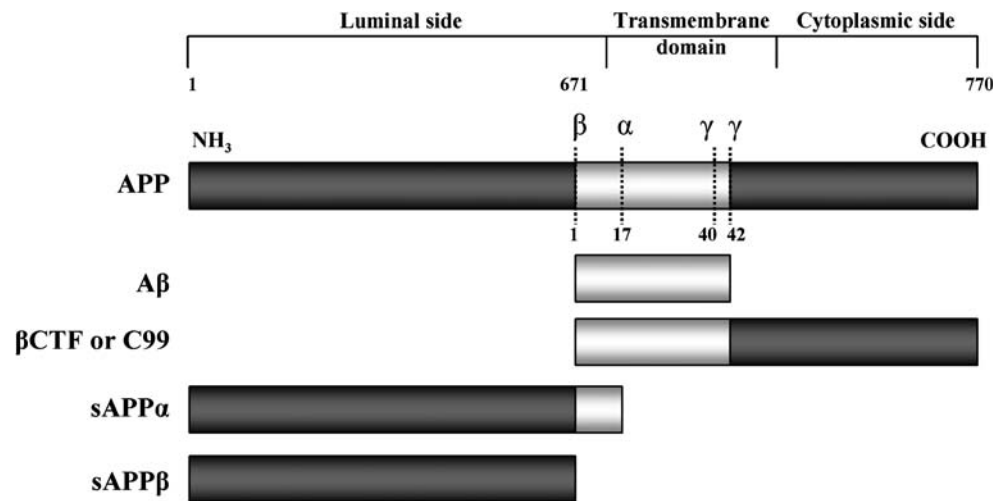
In order to study these illnesses, several approaches are necessary. The analysis of human biopsies (IBM) and postmortem tissue samples (AD) is an essential step to characterize the disease and its effects in detail. However, these materials are scarce and also limited in their experimental potential. Therefore, biological models become necessary. A model is a specimen easy to manipulate

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Fig. 1 The primary structure of APP is shown (770 amino acids) including the different domains. The A β peptide appears in *gray* and is originated by the proteolytic processing of β and γ -secretases. γ -secretase can cut either in the 40th or 42nd amino acid originating different A β peptide species



in the laboratory that approximates as closely as possible the phenomena to be studied and facilitates the investigation by providing large amounts of samples suitable for experimentation. While there has been an enormous amount of research done on AD (for a review, see [1, 5]), surely and understandably due to its devastating consequences, the work done on IBM has been much more limited. Therefore, in this review, we will focus specifically on IBM, presenting a brief description of the molecular characteristics of the illness and the biological models available today for its study. We will give special emphasis to the nematode *Caenorhabditis elegans* as a useful biological model for studying this disease.

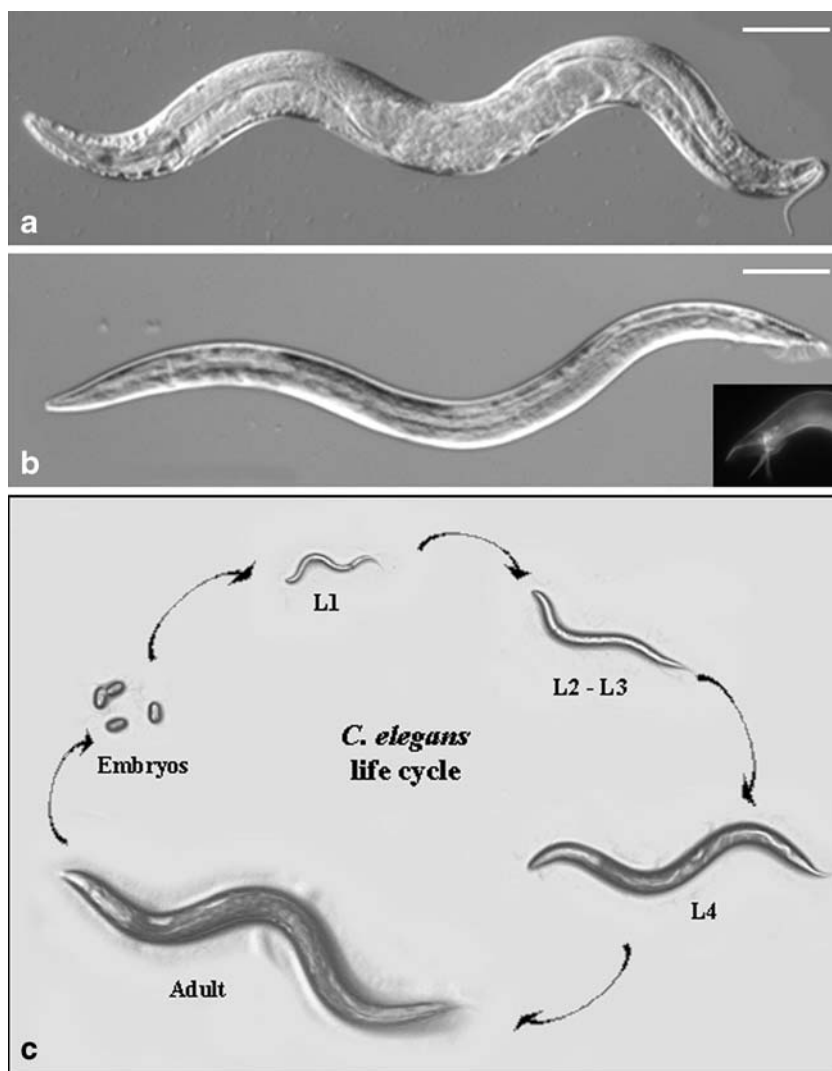
What makes *C. elegans* a good biological model? *C. elegans* is a free-living, soil nematode introduced by Sydney Brenner in the 1960s as a suitable model for studying behavior and development [6, 7]. It has two sexes, hermaphrodites with a genotype XX (Fig. 2a) and males with a genotype XO (Fig. 2b). This nematode has two modes of reproduction. Self-fertilization originates clones of the hermaphrodite, while crossing with males enhances variability, making this animal a useful genetic tool. One single hermaphrodite can produce 200–300 progeny. It has a very short life cycle (Fig. 2c), about 3 days (at 20°C) to grow from larval stage 1 (right after hatching) to adulthood; therefore, experimentation on many generations can be made in a short period of time [8, 9]. Its life span is around 3 weeks, allowing the study of longevity and other aging related processes [10–14]. *C. elegans* populations are easy to breed and do not require expensive culture media. They grow in regular agar plates containing *Escherichia coli* as a food source [8, 9]. Its small size, 1 mm during the adult stage, allows the culture of thousands of worms in a single Petri dish. This worm has a precise number of somatic cells, and its cell lineage is fully known [15]. Its fairly simple anatomy includes defined organs and complex behaviors, making it attractive to scientific research. It is a

transparent organism. All organs can be easily observed *in vivo* directly and through the use of fluorescent proteins. In addition, there is a large collection of mutants; it is possible to perform RNAi gene knockdown and more complex genetic experiments (genetic screenings for new mutants, suppressor analysis to find interacting proteins, mosaic and epistasis analysis, etc.). It has a completely sequenced genome (which confirmed high conservation of biological mechanisms with humans) and it has relatively easy transformation techniques [to express proteins that are not normally present in this nematode, to confirm specific gene functions, to establish gene expression using green fluorescent protein (GFP) fusions, etc.]. These characteristics have facilitated its study and allowed scientists to carry out basic research to help elucidate fundamental cellular processes that relate to human diseases. Among the numerous studies done in this organism, investigations of apoptosis have led to a much better understanding of the molecules and pathways involved in programmed cell death. This knowledge was achieved due to powerful genetic techniques available in *C. elegans*, the knowledge of the lineage of each of its cells, and the fact that at the molecular level, there are striking similarities between nematodes and mammals [16–18]. The important advances in this field along with the contribution of this small nematode to scientific knowledge were recognized in 2002 with the award of the Nobel Prize in Physiology or Medicine to *C. elegans* researchers Sydney Brenner, John Sulston, and Robert Horvitz.

Taken together, these characteristics, some of which will be discussed further later in this review, show that *C. elegans* can be an excellent model for researching many biological processes.

After examining what we have learned about IBM in this model, we will explore the possible role of metal homeostasis on IBM development as well as potential therapeutic procedures, as the current treatments of inflam-

Fig. 2 Differential interference contrast (DIC) micrographs of *C. elegans* hermaphrodite (a) and male (b). The heads are to the left and the tails to the right. The male has a specialized tail that is essential for mating (inset). Bar, 0.1 mm. c *C. elegans* life cycle. It takes only 3.5 days at 20°C for a newly hatched larva (L1) to reach the adult reproductive stage. L2, L3, and L4 correspond to other larval stages



matory myopathies (specifically sporadic IBM) are only moderately successful.

Inclusion Body Myositis

Characteristics of IBM

IBM is the most common form of myopathy in people over 50 years of age, but can also occur in younger people [4, 19]. It was first described by Raymond Adams in 1965 [20] and is known to affect the skeletal muscles mainly in male patients [21]. It involves an inflammatory reaction similar to that seen in other inflammatory myopathies such as dermatomyositis and polymyositis [22]. It has been described as sporadic (s-IBM) since it does not have a hereditary component. Although familial IBM exists, it is an extremely rare physiological alteration with evidence that it is an autosomal

dominant disorder [23]. There is another group of illnesses that share many characteristics with s-IBM but lack the inflammatory process [24]. These pathologies, caused by genetic alterations [25, 26], account for a very small fraction of the total IBM cases and were designated as hereditary inclusion body myopathies (h-IBM) [23, 27].

s-IBM is far more common than the h-IBMs and has a later onset: 50 years instead of 15 to 30 for h-IBM. s-IBM could also have an immunogenetic component, since human leukocyte antigen (HLA) class II has been found to mediate the autoimmune reaction responsible for this disease. However, no association has been found between HLA and h-IBM [28]. There are two inherited forms of h-IBM. The autosomal recessive form has been related to the GNE gene on chromosome 9. This gene encodes a bifunctional enzyme with epimerase and kinase domains, catalyzing the first two steps in *N*-acetylneuraminic (sialic) acid synthesis. Loss of function mutations in both of these domains have been

reported in h-IBM. In autosomal recessive h-IBM cases without GNE mutations, there is a laminin $\alpha 2$ chain deficiency due to mutations in the LAMA2 gene. The autosomal dominant form of the disease is linked to mutations in the myosin heavy chain IIa (MHCIIa) gene and in the valosin-containing protein (VCP) gene. The VCP is a member of a group of enzymatic chaperones involved in several cellular processes such as ubiquitin-proteasome-mediated degradation, cell cycle control, and apoptosis, among others [27, 29]. At least three heterozygous mutations in the VCP gene, with pathological consequences in human striated muscle, have been found in h-IBM associated with Panget disease and frontotemporal dementia [30].

In s-IBM, the inflammatory process has been related to factors such as activated $CD8^+$ T cells and their clonal expansion [31] and also to the MHC I-expressing (non-necrotic) muscle cells which are destroyed with the help of the inducible co-stimulatory molecule (ICOS) and its ligand (ICOS-L) [32]. It is important to mention that the clonal expression of the T cell receptors persists over time as well as the exposure of the antigen to these lymphocytes [33], thus inducing greater damage to the tissue, which will later cause the typical muscle weakness of this disease. In addition, myoblasts express molecules such as pro-inflammatory cytokines and chemokines (especially those induced by $IFN-\gamma$) which are important for generating an immune response and have been reported to be up-regulated in non-necrotic muscle fibers [34]. Despite these features, there is no response to anti-inflammatory drugs in this disease [22, 31]. Some studies carried out using intravenous immunoglobulin have shown an effect in some neuromuscular diseases, but its effects in IBM patients are not satisfactory [35].

People who suffer from s-IBM show progressive muscle weakness that affects the limbs, proximally at first and then progressing distally. IBM causes thinning of the forearms [36] and in later stages affects the respiratory muscles and may even cause dysphagia [4, 37, 38]. The loss of muscular strength does not show a specific pattern, but some symptoms predispose to others when they appear. Studies done on more than 64 patients that summarize the onset of symptoms after the age of 40 show preference for the quadriceps, finger flexors, and pharyngeal muscles, in that order. Weakness is progressive and the rates of progression are highly variable, but a latter age of onset associates with faster progression [19].

Skeletal muscles in these patients show cellular alterations such as vacuolation [39, 40]. These rimmed vacuoles are a distinct feature of several myopathies (they do not exist in normal muscle fibers) and share features with autophagic vacuoles. The affected myotubes also contain early endosomes as well as autolysosomes [41], and there are lymphocytic inflammation and filamentous inclusions in the cytoplasm and nuclei [24, 42], all of them causing degener-

ation of the fiber and the consequent muscular weakness. These fibers bind Congo Red, Thioflavin-S, and crystal violet, indicating the presence of amyloid deposits [36, 43, 44] which form senile plaque-like inclusions [24, 38, 42, 45].

Because IBM has an inflammatory pathogeny, several immunosuppressor and immunomodulator therapies have been used, including corticosteroids, azathioprine, and ciclosporin A [31], metotrexate [19], endovenose immunoglobulins [35, 46], and etanercept [47]. All of them have failed in changing the natural progress of the disease, although some patients respond to some degree or for short periods of time.

Molecules Involved in IBM and AD

Several studies have described different molecules involved in IBM. Most of them are also involved or present in AD. Below, we describe the main molecules reported in the literature and their relation to IBM and AD (summary is reviewed in Table 1).

- *A β peptide* is one of the most relevant molecules involved both in IBM and AD. It is originated from the proteolytic cleavage of its precursor protein APP, codified on chromosome 21. The APP glycosylation forms a glycoprotein, which is located at the plasma membrane with one extracellular N-terminal domain and an intracellular C-terminal domain. The A β segment corresponds to a part of the transmembrane portion that is cleaved by proteases called secretases [2, 48, 49] (Fig. 1). It can be found in different lengths, since the number of amino acids it contains can vary from 39 to 43, with A β_{1-40} and A β_{1-42} being the most common [44]. This peptide is the main component of the senile plaques (extracellular) in AD [49], and a series of findings link it with AD pathogenesis [2]. It is also part of the intracellular inclusions in the muscle fibers in IBM [24, 42, 50], specifically inside the rimmed vacuoles where its amyloid nature has been demonstrated using immunohistochemistry techniques with an anti-A β antibody (in particular, A β_{1-42}) [51]. In IBM, the N terminus as well as the C terminus of APP are found forming part of the muscle inclusions [38]. *In vitro* studies and clinical trials have demonstrated that the APP/A β peptide is a substrate for the autophagy pathway. There is co-localization between APP or A β and AtG8/LC3, an essential protein for autophagy. APP/A β containing autophagosomes are increased in s-IBM biopsies associated with inflammation-involved molecules (MHC I y II, $CD4^+$, and $CD8^+$ cells) [52].

The above facts, together with the existence of a series of other molecules in the muscle of IBM patients that are also present in AD, reveal the similarities between these two diseases, which also include mis-

Table 1 Molecules involved in IBM and AD

Molecule	Disease	Characteristics	Refs.
A β	IBM	Present in intracellular inclusions	[42, 50]
	AD	Main component of SP	[1, 2]
Tau	IBM	In its phosphorylated status accumulates inside muscles cells	[36, 54]
	AD	Abnormal structure, function and phosphorylation status. Forms PHFs	[53]
ERK	IBM	Overexpressed and localized close to tau filaments	[40]
	AD	Co-localizes with Tau filaments	[55]
CKI	IBM	Alpha isoform is present in abnormal muscle fibers	[66]
	AD	Co-localizes with cytoplasmatic lesion including neurofibrillary tangles	[60, 61]
Presenilin-1	IBM	Enriched in PHFs inside the muscle fibers	[69]
	AD	Accumulates in NFT and SP. Missense mutation in familial form	[48, 67, 68]
BACE	IBM	Accumulates in inclusions of abnormal fibers	[72, 73]
	AD	Involved in APP processing	[70, 71]
NOGO	IBM	Increased in muscle biopsies	[75]
	AD	Involved in APP processing	[74]
ApoE	IBM	Co-localizes with A β , ubiquitin and p-Tau in amyloid deposits	[92]
	AD	Detected in NFT and SP. Interacts with A β <i>in vitro</i>	[74]
AChE	IBM	Used as indicator of normal NMJ	[24]
	AD	Present in SP with different properties	[77, 78]
Cholesterol	IBM	LDL and VLDL receptors co-localizes with A β and ApoE. LDL receptor co-localizes with PHFs	[91]
	AD	Possible variation in subcellular localization of secretases. Hypcholesterolemia reduces the amount of A β in the brain	[38, 90]
Ubiquitin	IBM	Localized in the vacuolated muscle fibers together with amyloid and PHFs	[100, 101]
	AD	Present in NFT and SP	[102, 103]
Prion	IBM	Accumulates co-localizing with A β and Tau inside the vacuolated fibers	[113, 112]
	AD	Negatively regulates the β -secretase cleavage reducing the A β formation	[106]
α_1 -Antichymio trypsin	IBM	Accumulates in vacuolated muscle fibers together with amyloid fibrils and ubiquitin.	[115]
	AD	Found in normal brain tissue and overexpressed in AD brains. Promotes the aggregation of the A β and colocalizes with it.	[115].
Cystatin C	IBM	Overexpressed in non-vacuolated muscle cells. Found close to PHFs	[116]
	AD	Mutations may be a risk factor for late onset AD	[117, 118]
Alpha β crystallin	IBM	Enhanced expression in both structurally abnormal and normal fibers	[124]
	AD	Closely related to neurons containing NFTs and associated with neuronal death. Binds A β preventing the formation of fibrils but generates a highly toxic α B-crystallin/A β peptide complex protein	[119, 123]
Myostatin	IBM	In cell culture model the precursor is increased. Accumulates in muscle fibers co-localizing with A β	[128, 129]
	AD	–	–

folding of proteins and the presence of specific post translational modifications.

- *Tau* is a microtubule-associated protein present primarily in brain tissue. It becomes abnormally phosphorylated and is structurally and functionally altered in AD [53]. Tau accumulates forming filaments inside muscle cells of patients with IBM [36, 54]. In neurons of AD, it is localized both inside and outside of the neurons in the form of PHFs. In both cases, there is co-localization with ubiquitin and the A β peptide [39].
- *Extracellular signal-regulated protein kinase* (ERK) is overexpressed and activated by phosphorylation in the cytoplasm of abnormal IBM muscle fibers and is also present in normal neuromuscular junctions. It is localized close to tau filaments but does not co-localize with them. It could be induced by oxidative stress related to the increased amount of APP [40]. In neurons of patients with AD, it colocalizes with tau filaments and could be involved upstream of tau phosphorylation through the MAPK pathway [55].
- *Casein kinase I* (CKI), a member of serine/threonine protein kinase family, is able to phosphorylate a great number of proteins. It is highly conserved from yeast to humans where there are several isoforms [56]. CKI isoforms have been shown to mediate protein hyperphosphorylation due to their ability to recognize sequences that contain phospho-amino acids [57]. The activity associates with brain microtubules [58], con-

tributes to tau phosphorylation in cell culture experiments [59] and, in brains from AD patients, co-localizes with cytoplasmatic lesions including neurofibrillary tangles [60, 61]. CKI has been associated with the Wnt signaling pathway [62]. This is relevant because there is evidence showing a participation of the Wnt signaling pathway in A β -induced toxicity [63–65]. The alpha isoform of CKI has been found in abnormal muscle fibers in IBM patients' biopsies, almost exclusively in phosphorylated tau-containing inclusions, similarly to AD [66].

- *Presenilin-1* is a transmembrane protein encoded on chromosome 14 with γ -secretase activity. In normal muscle, the protein is located at the neuromuscular junctions. It has been found to accumulate in the brain of patients with AD (familial and sporadic forms) in the neurofibrillary tangles and senile plaques. In the familial form, this protein has missense mutations, while in the sporadic form, it does not have alterations in its primary structure. Alterations in the amino acid sequence lead to a higher production of A β peptide *in vivo* and *in vitro* [48, 67, 68]. In IBM, this protein is also enriched in the PHFs inside the muscle fibers, but no mutations have been described for this disease [69].
- *BACE 1* and *BACE 2* are secretase enzymes involved in APP processing [70, 71]. In normal muscle, they are expressed at the neuromuscular junction (NMJ) post-synaptic density and accumulate in inclusions in s-IBM as well as in h-IBM abnormal muscle fibers [72, 73].
- *NOGO*, also known as RTN4, is a member of the reticulon family. Proteins from this family are binding partners of BACE 1, which they negatively regulate. NOGO binds to BACE1 blocking access to APP, therefore decreasing A β production [74]. In IBM biopsies, NOGO-B is increased and co-localizes with BACE1; while in cell culture, APP overexpression increased NOGO. For this reason, it was proposed that a NOGO-B increase may represent a weak attempt to decrease A β production and that the manipulation of NOGO production can be a new therapeutic prospect [75].
- *Acetylcholinesterase* (AChE) is the enzyme responsible for the hydrolysis of acetylcholine (ACh), and it has been implicated in AD. AChE is found in plaques from AD patients brains [76, 77]. When present in Alzheimer plaques, this enzyme has different properties compared to the free enzyme [78, 79]. *In vitro* studies showed that AChE accelerates the assembly of the A β peptide into amyloid fibrils [80–83] through a specific structural motif [84]. On the other hand, *in vivo* studies demonstrated that increased AChE expression is able to induce plaque formation [85, 86] (for reviews, see [87, 88]). AChE is used as an indicator when analyzing human IBM biopsies in order to establish whether the neuromuscular junction has been formed [24], but it has not been described as forming part of the inclusions in the vacuolated muscle fibers.
- *Cholesterol*, together with its receptors, it has been related to A β production [38, 89]. The proposed mechanisms suggest an alteration in the membrane rigidity and a possible variation in the subcellular localization of the different secretases [90]. It has been described (in HEK 293 cells) that the depletion of cholesterol inhibits the proteolytic cut of APP by β -secretase, thus lowering the amount of the β -amyloid generated. Studies carried out in transgenic mice also show that hypocholesterolemia reduces the amount of A β in the brain [38]. The low-density lipoprotein (LDL) receptor and the very LDL receptor (VLDLR) have been found in the muscle fibers of IBM biopsies co-localizing with A β and apolipoprotein E (ApoE). Only LDL receptor co-localizes with PHFs. Free cholesterol can also be found in these tissues [91].
- *ApoE* is a component of lipoproteins such as LDL and high-density lipoproteins. It localizes in the amyloid deposits along with A β peptide, ubiquitin, and phosphorylated tau in muscle fibers of IBM patients [92]. Since its messenger RNA (mRNA) has not been found to be increased, it is thought that it may be transported into the cell with the help of LDL receptors located at the plasma membrane [93]. This fact could somehow be related to the inverse relationship existing between ApoE plasma levels and the amount of estrogen in blood, since this hormone induces the expression of LDL receptors. In the brain, its behavior is different. Its mRNA is abundant and several ApoE receptors are expressed [94]. In AD, it can be detected in neurofibrillary tangles and senile plaques and interacts with the A β peptide *in vitro*. In particular, its allele 4 isoform has been described as a risk factor for sporadic and familial AD, triggering the increase in the deposition of the A β peptide [95–97]. Several studies show discordant effects of this protein: while some of them suggest that ApoE4 has a neuroprotective effect against AD, others show that it inhibits growth of neurites in culture [94] and also inhibits the Wnt signaling pathway in PC12 cells [98]. It is also possible that ApoE participates in the regeneration of neurons, thus diminishing the effects of AD in the brain. Several ApoE polymorphisms have been described, but they do not influence the probability of having s-IBM nor the age at which it appears. Something similar has been observed with α 1-antichymotrypsin [99].
- *Ubiquitin* is localized in the vacuolated muscle fibers in patients with IBM together with the amyloid and PHFs at the normal neuromuscular junctions [100, 101]. In AD, this protein forms part of the neurofibrillary tangles

and senile plaques, and it may be found in neurites that may or may not be associated with these fibrillar structures [102, 103]. The gene p97/VCP—member of ubiquitination machinery—has been shown to cause weakness and ubiquitinated protein inclusions when its mutant form is expressed in a transgenic mouse model [104]. Moreover, in s-IBM muscle fibers, there is a reduction in 26S proteasome activity, which was mimicked in cultured APP-overexpressing human muscle. It has been proposed that A β can induce proteasome dysfunction leading to the accumulation of misfolding proteins [105].

- *Prion* (PrP^c) is a protein that is normally found in the plasma membrane of neurons. It can suffer an alteration in its 3D organization originating a β -sheet enriched structure that causes Creutzfeldt–Jacob disease in humans and bovine spongiform encephalopathy or “mad cow disease” in cattle. There is PrP immunoreactivity in plaques from AD and was reported that PrP^c negatively regulates β -secretase cleavage of APP, reducing A β formation [106], and a specific allele for Prion protein gene M129 was described as a risk factor for Alzheimer’s disease [107]. This protein has copper-binding sites that are involved in copper brain homeostasis [108] and copper is able to induce the expression of PrP^c in neurons [109]. As with APP and A β peptide, there is controversy about the beneficial or deleterious role of copper [110]. It has been reported that the form of PrP^c found in normal muscle is different from that found in the brain [111]. Moreover, PrP^c has been found in the muscle cells of patients with s-IBM [112]. PrP^c accumulates in IBM where its mRNA is increased. The protein co-localizes with A β peptide and tau inside the vacuolated fibers. In contrast, the amount of mRNA of PrP^c in AD brains is normal [113]. Furthermore, overexpression of PrP^c in the muscles of mice is sufficient to induce a primary myopathy that correlates with accumulation of a truncated N-terminal PrP fragment [114].
- α_1 -*Antichymotrypsin* is a serine protease inhibitor which has been related to inflammatory processes and has been found to accumulate in the vacuolated muscle fibers of IBM patients together with amyloid fibrils and ubiquitin. It can be found in normal brain tissue and is overexpressed in AD brains and promotes the aggregation of the A β peptide. Just as in IBM, it co-localizes with the A β peptide [115].
- *Cystatin C* is a cysteine protease inhibitor that possesses amyloidogenic properties. This protein, just like prion, presenilin 1, and ubiquitin, can be found in normal neuromuscular junctions. In IBM, it is overexpressed compared to normal tissue and is located in the non-vacuolated cytoplasm of muscle cells. It interacts with the

A β peptide as well as with APP. It can also be found close to the PHFs but not inside them. These characteristics have not been found in other muscle diseases [116]. Mutations in the amino acid sequence of cystatin C may be a risk factor for late onset AD [117, 118].

- *Alpha β crystallin* is a member of the small heat shock protein family with chaperone-like properties that interacts—in muscle cells—with desmin and actin filaments, preventing them from stress damage. It can also be found in tissues like glial cells of the central nervous system and eye lenses among others. It has been reported to be closely related to neurons containing neurofibrillary tangles and could be associated with neuronal death in AD patients [119]. This protein is overexpressed in astrocytes, microglia, and oligodendrocytes and has been linked to tauopathies [120] and many neurological disorders, while its mutations can cause cataract and myopathy [121, 122]. It has also been described to bind the A β peptide, preventing the formation of fibrils but generating a highly toxic α B-crystallin/A β peptide complex [123]. The protein expression is enhanced in muscle from IBM patients both in structurally abnormal fibers and normal fibers [124], and there is evidence that the A β peptide is a stressor that can cause α B-crystallin overexpression [125]. Other heat shock proteins and chaperones and their relation with A β have been reviewed (see [126]).
- *Myostatin* is a negative regulator of muscle mass and strength during development and adulthood [127]. In an IBM cell culture model, the myostatin precursor is increased [128]. On the other hand, it also accumulates within muscle fibers in s-IBM biopsies co-localizing with A β , suggesting a role in the disease [129].

Role of Mitochondria and Oxidative Stress

Oxidative stress is another important factor that plays a role in IBM as well as in AD, since there is an increased production of reactive oxygen species (ROS) such as hydrogen peroxide (H₂O₂), nitric oxide, and superoxide radical (O₂^{•−}), among others. The study of oxidative stress in AD has revealed a series of molecules that may take part in this process. One example is 4-hydroxynonenal (4-HNE), generated from membrane lipid peroxidation, which would be directly involved in the production of ROS [130].

Superoxide dismutase (SOD), an enzyme that eliminates O₂ from cells, is involved in AD because it prevents the damage produced by A β in endothelial cells [131]. It has also been shown that A β peptide produces H₂O₂ by reducing copper [132], while catalase, an enzyme that reduces hydrogen peroxide into water and oxygen, contributes to a decrease in A β toxicity [133, 134]. Another process that

could contribute to the production of ROS is the reduction of copper from Cu^{2+} to Cu^{+} by APP and its later oxidation (Cu^{+} to Cu^{2+}) in the presence of H_2O_2 -generating free radicals [135]. For IBM, research has allowed scientists to propose a possible mechanism to relate oxidative stress and this disease: APP and $\text{A}\beta$ accumulate, leading to increased oxidative stress, which would cause activation of the MAPK pathway [40]. This would have two consequences: phosphorylation of tau and overexpression of APP, leading to the development of the myopathy.

On the other hand, in muscle fibers from s-IBM patients, there are mitochondrial morphological alterations, abnormal mitochondria proliferation, and deficiencies in cytochrome c oxidase (COX) activity affecting segments of the muscle fiber. Deletions and point mutations on mitochondrial DNA are also present. Indeed, COX deficiency has been attributed to different and large-scale deletions in mtDNA in affected fibers [136]. The mitochondrial abnormalities may be affecting the normal oxidative status of muscle cells, increasing $\text{A}\beta$ toxicity.

Mouse Model for Studying IBM

Before discussing the animal models used for the study of IBM, it is essential to mention that IBM is an exclusively human disease, as is the case of AD. Therefore, the researcher needs to have in mind that the models will only recreate some aspects of the disease. This point becomes particularly significant when exploring new therapies. Many treatments that were successful in laboratory animals failed to produce the same benefits in clinical trials.

In 1996, Fukuchi et al. [137] obtained a transgenic mouse strain that expressed the 99 C-terminal amino acids of the APP, which contains the $\text{A}\beta$ peptide plus the cytoplasmic domain that has been described as the neurotoxic domain. They established the expression of β -amyloid peptide using $\text{A}\beta$ -specific antibodies [42]. Further experiments using electron microscopy and immunocytochemistry led to the conclusion that the fragment observed was derived from APP proteolysis and caused amyloid fibril formation in skeletal muscle. This transgenic animal was proposed as a useful model for studying IBM, since the myopathy it develops has many similarities with the human pathology. It was later demonstrated that no extracellular deposits were formed in this transgenic mouse due to overexpression of the C-terminal of the APP [138].

Jin et al. [50] developed another transgenic mouse strain in 1998. It also expresses the 99 C-terminal amino acids of APP but included the mutation K612V, which prevents the proteolysis by the α -secretase. Therefore, the formation of $\text{A}\beta$ peptide as well as the development of the inclusions is enhanced in an age-dependent manner, resembling IBM.

Another interesting transgenic mouse strain was developed in 2002 by Frank La Ferla and collaborators. The expression of the full-length APP under the control of the muscle creatine kinase (MCK) promoter resulted in an animal in which $\text{A}\beta$ overexpression—contrary to what had been achieved by Fukuchi and Jin—occurs exclusively in muscle and not in every cell type, as happens when using the β -actin promoter. Several histological features can be observed in these mice that resemble those observed in the muscle biopsies from IBM patients that are used for diagnosis. These IBM-like pathological changes, such as intracellular depositions of $\text{A}\beta$ peptide, central nuclei, neutrophil-mediated inflammatory response clustered around APP immunoreactive regions, deficits in motor system, among others, are age-dependent and were observed in mice older than 10 months of age [139]. Studies in this model were compared with biopsies from IBM patients, establishing that fast twitch muscle fibers may selectively accumulate and be more vulnerable to β APP- and $\text{A}\beta$ -mediated damage in IBM [140]. Then, in the parental MCK-APP line, the wild-type presenilin-1 (PS1) was replaced with the PS1 (M146V) allele, which is associated to an increment of the more amyloidogenic $\text{A}\beta_{1-42}$. APP transgene expression was unaltered, but $\text{A}\beta$ levels, particularly $\text{A}\beta_{1-42}$, were elevated in skeletal muscle in this double transgenic. IBM-like features such as elevated phospho-tau accumulation and greater activation of GSK-3 β and cdk5 were observed. In addition, there was an increment of inclusion bodies and inflammatory infiltrates. Motor coordination and balance were also more adversely affected and manifested at an earlier age. This observation suggests a critical role for $\text{A}\beta_{1-42}$ in the disease [141]. This double transgenic mouse was used to study the role of inflammation in IBM. The results identified a molecular mechanism by which pro-inflammatory stimuli affect tau pathology via the GSK-3 β signaling pathway in skeletal muscle. Suppression of GSK-3 β activity with specific inhibitors or LiCl significantly reduced tau phosphorylation and partially rescued motor deficiencies. In human IBM muscle, GSK-3 β and phospho-tau were co-localized, further supporting the pathogenic role of GSK-3 β in this disease and identifying a possible therapeutic tool [142].

Invertebrates as Models for Human Diseases

Although invertebrates may appear too distant from humans, at the molecular level the similarities are striking. In addition, they have several advantages when it comes to working in the laboratory, such as small size, short lifespan, and relatively simple culture techniques. When pathologies are studied in order to obtain new treatments or therapies, the molecular processes have to be fully understood. An invertebrate model may provide us with the possibility to

carry out sophisticated genetic analysis, such as suppressor screens, to identify other genes involved in the molecular processes being studied. It is possible to study the normal function of a protein homolog to a human protein that causes the disease, how the phenotypes change in mutant or knockout strains, as well as study the effects of the expression of a human protein in its wild-type or mutant forms. In addition, all these studies can be done in large populations. General reviews on this subject have been published and place *C. elegans* as a powerful genetic system that has been used to study human neurodegenerative diseases [143–145].

Special care has to be taken when deciding which disease to study in invertebrate models because when processes like immune response are involved, vast differences can exist in factors that turn out to be crucial to the development of the pathology and our understanding of it. Thus, it is important that in the model, the process resembles most aspects of the disease.

***C. elegans* as a Model for Studying Human Diseases**

In 2000, Culetto and Sattelle [7] searched genome data bases for orthologs of human disease genes in *C. elegans*. One hundred genes were found in the nematode that encoded proteins related to neurological disorders (Wilson disease, Parkinson's disease, and AD) and muscular illnesses (myotubular myopathy, Duchenne muscular dystrophy) among other pathologies. Mutants in some of these 100 orthologs produce distinct phenotypes in the worms which can supply insights into the function and interactions that these molecules may have, thus helping us relate different structures and/or pathways involved in the disease. An example of what can be done with this tool comes from the work on the ortholog of the survival motor neuron protein (SMN) present in *C. elegans* (CeSMN) [146]. This is an RNA-binding protein normally present at the neuromuscular junction [39]. Under abnormal circumstances, it suffers mutations that cause spinal muscular atrophy (SMA), a disease characterized by motor neuron loss that results in muscle weakness and atrophy that when present in children can lead to a lethal outcome. When comparing organisms in different evolutionary levels such as mouse, rat, human, and *C. elegans*, an important percentage of homology and similarity is found, suggesting that its function is highly conserved. The fact that there is an ortholog gene in *C. elegans* allows scientists to analyze the protein's properties faster and more easily. This approach could open the way to a better understanding of the disease and eventually help elucidate the mechanism by which the SMN gene causes SMA [146].

Furthermore, mutants are very useful tools when it comes to studying illnesses, not only because of what has just been

discussed above but also because temperature-inducible specimens can be obtained, allowing the timing of gene expression to be regulated by the researcher who can choose to grow the worms at a permissive or non-permissive temperature. The use of these strains has revealed interesting data about oxidative stress and β -amyloid deposition [7]. Furthermore, *C. elegans* gives us the possibility to study some features by generating mutations and fusions with fluorescent proteins [147] that can help to reveal properties that could be relevant for human diseases [146]. This property becomes particularly useful since the worm is transparent and it is not necessary to fix and process the animals to analyze under the fluorescent microscope (see Fig. 3).

As mentioned briefly in “General Introduction,” another interesting technique that can be used in *C. elegans* is RNA interference (RNAi). This method consists of introducing a specific double-stranded RNA in the worm (by injection, soaking the worm in a dsRNA solution, or feeding them bacteria that produces the required dsRNA) that will block translation of the mRNA of the gene of interest. This approach will eventually create a pseudo knockout, since the protein will not be produced due to inactivation of its mRNA and will allow the observation of the loss-of-function phenotype. An example of the technique can be seen in Fig. 4 [148]. Use of RNAi has made reverse genetics a much more common technique for studying gene function in living organisms and has even enabled the screening of most of the *C. elegans* genome [149]. For the discovery of RNAi-gene silencing by double-stranded RNA in this model [150], the Nobel Prize in Physiology or Medicine (2006) was awarded to *C. elegans* investigators Andrew Fire and Craig C. Mello.

On the other hand, transgenic strains from *C. elegans* are easy to make, allowing the expression of a gene of interest despite its absence in the wild-type animal. This can be done by microinjection of the gene under the command of a strong tissue-specific promoter. The result is a new strain that contains a gene that the wild-type animal does not have [9]. Thus, a whole new series of diseases are beginning to be studied. This is the case of transgenic *C. elegans* expressing human Huntingtin, providing a model for studying Huntington's disease [151, 152]; *C. elegans* expressing *wt* or mutant forms of α -synuclein to study Parkinson's disease [153, 154]; or the A β peptide [155] resembling AD or IBM (Fig. 6a–d). In these cases, similar characteristics of the human illnesses can be obtained, making research easier.

***C. elegans* as a Model to Study IBM**

Muscle Cells of *C. elegans*

Since we are interested in studying IBM and the muscular alterations it generates, it is particularly important to know

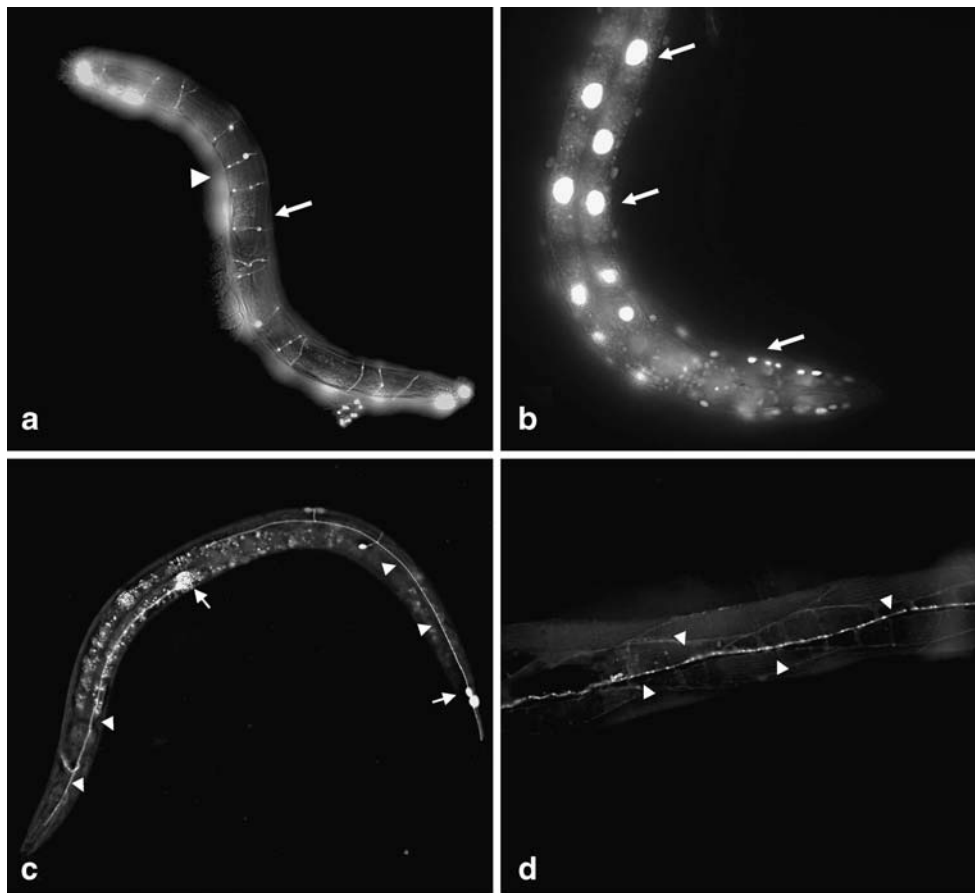


Fig. 3 Fluorescent micrographs of live *C. elegans* expressing GFP in different tissues and subcellular structures. **a** A *C. elegans* hermaphrodite that expresses GFP in all GABAergic neurons. The dorsal (arrow) and ventral (arrowhead) nerve cords are out of focus while the commissural processes that connect them are clearly seen. GFP expression is driven by the promoter of the *unc-47* gene that encodes a *C. elegans* GABA vesicular transporter. **b** Hermaphrodite that expresses GFP under the control of the *sur-5* promoter. *sur-5* is a

gene that encodes an acetoacetyl-coenzyme synthetase localized primarily to the nuclei (arrows). **c** GFP is expressed in *C. elegans* touch neurons under the control of the promoter of the *mec-4* gene, which encodes an amiloride-sensitive Na^+ channel required to sense mechanical stimuli. Arrows indicate neuronal cell bodies and arrowheads show neuronal processes. **d** Neuromuscular junctions seen by expressing an UNC-49::GFP fusion protein. The *unc-49* gene encodes a GABA_A receptor

the muscular system in *C. elegans*. This nematode has two muscle types, striated and non-striated. The striated muscle is formed by multiple sarcomeres and forms the body wall muscles used for locomotion (Fig. 5a). In contrast to cross-striated muscle in vertebrates, the nematode muscle is obliquely striated. The non-striated muscle is composed of single-sarcomere muscles that form part of the pharynx (Fig. 5c), intestine, vulva (Fig. 5d), anal sphincter and anal depressor (Fig. 5b). Some of these muscles are present at birth, while others are added later depending on the sex of the specimen. Males will need muscles that allow mating, while hermaphrodites will need to develop a vulva that will allow the egg laying processes. Furthermore, in nematodes, there is no fusion of the muscle cells, so there is no formation of multinucleated myotubes. Instead, the individual cells anchor themselves to the neighboring cells, to the hypodermis, and to the cuticle (the external collagen structure that corresponds to the exoskeleton of the worm)

in order to become a single structure that will allow movement. Unlike other organisms where neurons send processes to their target muscle cells, nematode muscles extend cytoplasmic projections or arms (Fig. 5e) to the motor neurons to make synapses [156–158].

The structural unit of nematode muscle is analogous to the sarcomere of vertebrates [157]. The thick filaments (A-bands) are centrally placed and overlap with two sets of thin filaments, one set extending in from either end of the unit. The thin filaments are attached to dense bodies (rather than Z lines in vertebrates) which originate at the cell membrane adjacent to the hypodermis [159]. The thick filaments are stacked in columns extending into the cell on either side of an amorphous electrondense material analogous to the M-line of vertebrate striated muscle. Like the dense body, the M-line analog also appears to be anchored in the membrane; it probably functions to establish and maintain the alignment of the thick filaments. The thick and

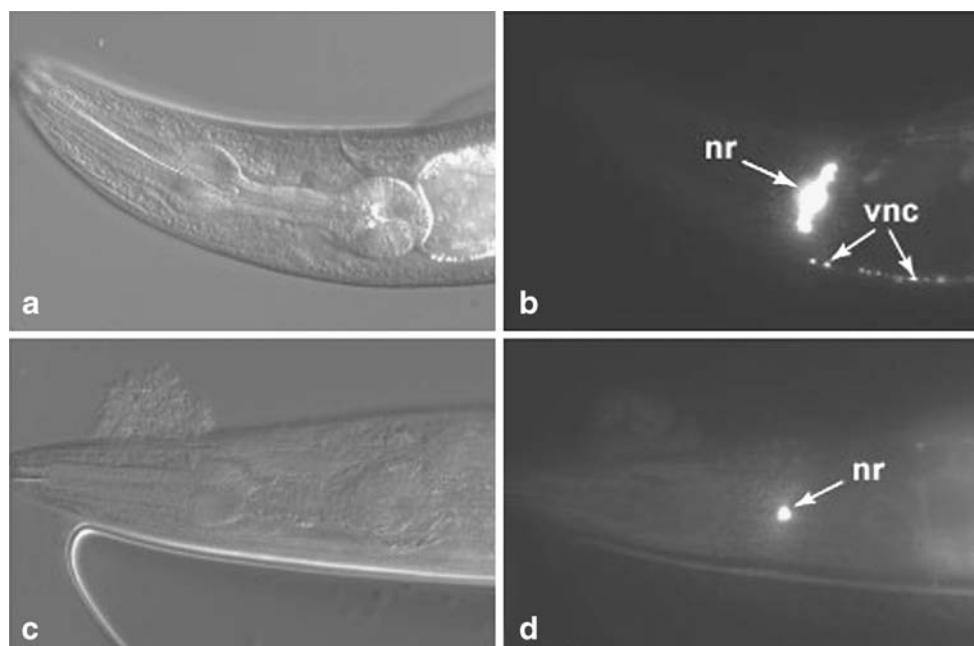


Fig. 4 RNAi gene knockdown in *C. elegans*. In *C. elegans*, RNAi is generally ineffective in the nervous system, but there are mutations that can enhance its efficiency. In this experiment, *C. elegans* strains expressing GFP in GABAergic neurons were fed bacteria producing double-stranded GFP RNA. **a** DIC image of an adult *C. elegans* head following RNAi feeding. **b** Fluorescence microscopy of the same animal in **a** shows there is strong GFP expression in GABAergic

neuronal cell bodies in the nerve ring (*nr*) and ventral nerve cord (*vnc*) despite RNAi feeding. **c** DIC image of an adult *C. elegans* following RNAi feeding. This worm carries mutations in two genes (*unc-13* and *eri-1*) that enhance the effects of RNAi. **d** Fluorescence microscopy of the same animal in **c** shows GFP expression in only one GABAergic neuronal cell body in the nerve ring (*nr*)

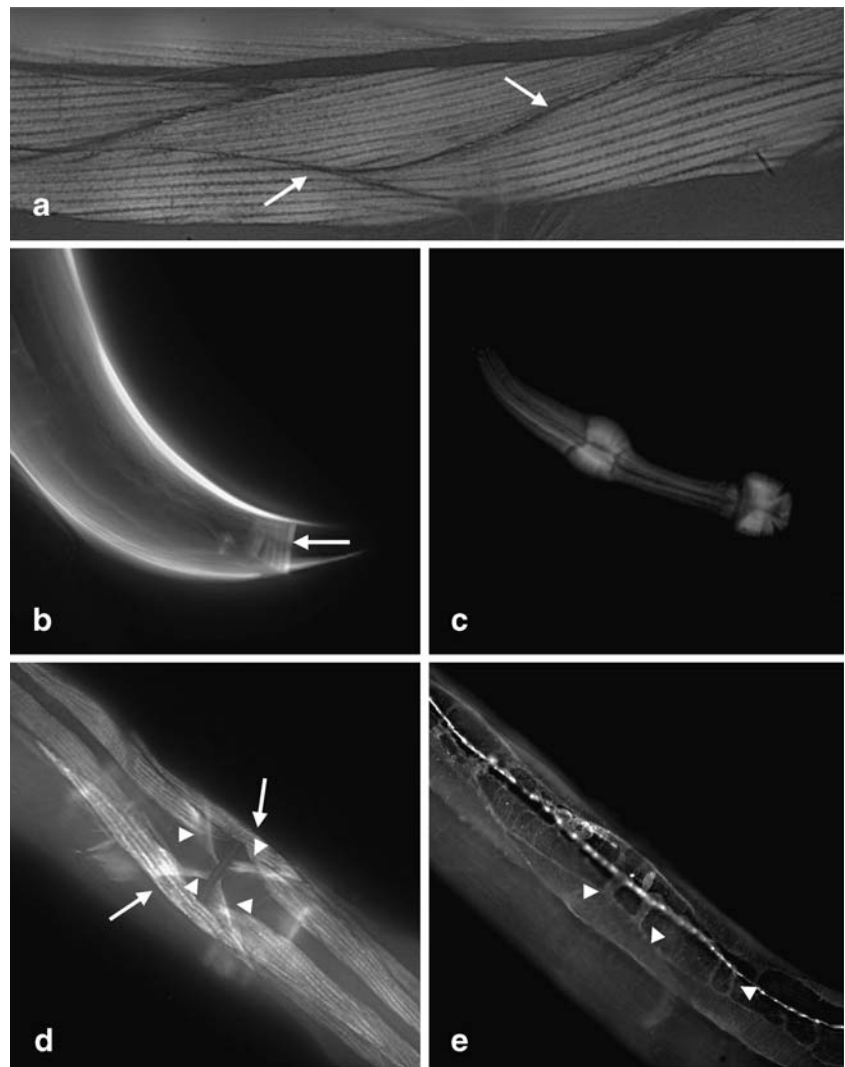
thin filaments are different, in size and composition, from vertebrate muscles. The thick filaments are estimated to be about 10 μm in length with a diameter between 33.4 nm (centrally) and 14.0 nm (distally), in contrast with 1.6 μm in length and 12.0–14.0 nm in diameter in vertebrates, and are formed by both myosin and paramyosin [160] as in molluscs [161]. The thin filaments are estimated to be 6 μm in length (1 μm in vertebrates) and are composed of actin, tropomyosin, and troponin [156]. One important characteristic is that the assembly of the A-bands (containing thick filaments) and the I-bands (containing thin filaments) occurs in an independent way, and their interaction would only take place after they have been totally formed. This has been described in other models such as *Drosophila* [162] and in cultured cells [163]. Another interesting feature is that the cell membrane and the structures that interact with it during this assembly are very important for the final result, since mutations in the molecules involved in this process can lead to lethal phenotypes such as the Mup class (*muscle positioning abnormal*) and Pat class (*paralyzed arrest at embryonic twofold stage*) by affecting the animal's movement. Among the molecules that participate in this last process are α -actinin [164], α -integrin, β 1-integrin [165], and Perlecan [158].

Nematodes Expressing Human A β Peptide in Muscle

The production of transgenic *C. elegans* strains is a rather simple process using microinjection. In this procedure, a plasmid containing the gene of interest is injected into the animal's gonad where the syncytial germ line is located. Because the nuclei are only partially surrounded by membrane, the new genetic material will be incorporated into the oocytes once the cell membrane is formed completely. Afterwards, this new DNA can be incorporated in the genome using x-rays or γ -rays in order to get 100% transmission of the transgene to future generations [9].

There is an APP-related protein in *C. elegans* encoded by the *apl-1* gene, but it does not have the sequence that corresponds to the A β peptide [166]. In order to obtain an invertebrate model for studying amyloidogenic diseases, Christopher Link built a transgenic *C. elegans* strain that expressed the human A β_{1-42} peptide inside its body wall muscle cells [155]. The mini-gene encoding the A β_{1-42} peptide is under the control of the promoter and enhancer sequences of the *unc-54* gene that encodes the major body wall myosin heavy chain, one of the most abundant proteins in this animal [157]. As a result, these animals show a significant amount of A β peptide inside their

Fig. 5 The muscles of *C. elegans*. **a** Body wall muscle cells stained with phalloidin show dark and light bands that reflect the alternation of thick and thin filaments. These cells do not fuse to form multinucleated myofilaments as in mammals and the banding pattern is discontinued by the cell boundaries (arrows). **b** Anal depressor muscle (arrow) stained with phalloidin. **c** *C. elegans* muscular pharynx stained with phalloidin. **d** Four of the eight vulval cells (arrowheads) are clearly seen in this *C. elegans* hermaphrodite stained with phalloidin. Surrounding the vulval cells, there are body wall muscle cells (arrows). **e** Contrary to what happens in most organism where motor neurons send out axons to target muscles, the *C. elegans* muscle cells extend long processes (muscle arms) that reach to the motor neuron (arrowheads)



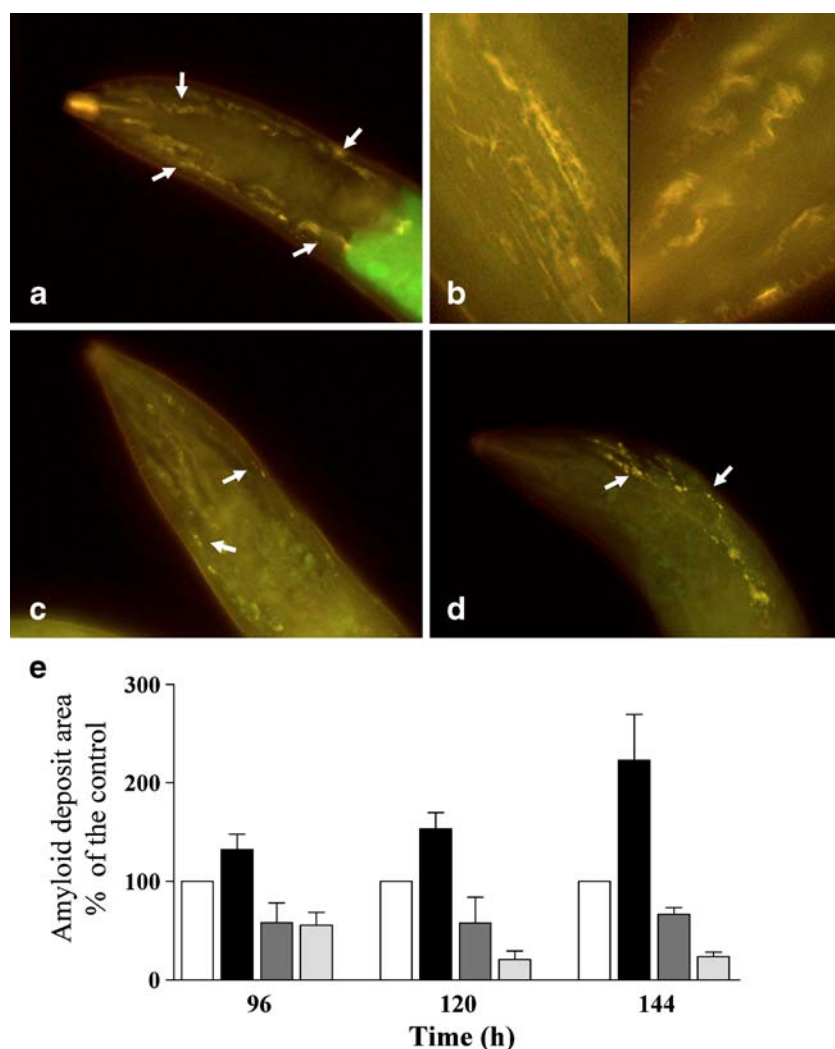
muscle cells (Fig. 6a,b). The peptide aggregates as occurs in AD and IBM, so it makes this worm a good model for studying both illnesses. These aggregates show Thioflavine-S (ThS) reactivity as well as immunoreactivity to anti-A β antibodies [155], indicating the presence of A β peptide. A compound derived from Congo Red called X-34 [167] has also proven to be effective in staining amyloid deposits *in vivo* [144] and has been successfully tested in our laboratory for studying the aggregates in *C. elegans*. The deposits in the worm are located intracellularly in the body wall muscle cells and thus can be seen all over the body and their structure analyzed (Fig. 6a–d). Despite the fact that mice models resemble humans more closely, *C. elegans*, as we described in “General Introduction”, has many advantages when compared to mammalian models for the study of IBM and other diseases. Regarding the study of IBM in particular, there are several transgenic *C. elegans* strains available (constructed by Link and collaborators) that express the A β peptide directly without the need to express

the full-length APP. We can then be sure that the worms will express the peptide we are interested in, eliminating the chance of expressing other protein forms due to incorrect proteolytic processing.

The use of this model is a powerful tool to study A β aggregation *in vivo*. The interaction with other proteins that could be involved in the metabolism of A β or lead to cell toxicity can also be examined. Analysis of gene expression has identified several genes that are differentially regulated in transgenic strains that express wild-type A β in an inducible way. Sixteen genes were found to be up-regulated and 240 down-regulated. Interestingly, this differential expression was found previous to the formation of the amyloid deposits, a short time after A β expression was triggered [168]. The value of this work lies in the possibility of identifying genes that could be involved in early stages of the disease, something impossible to do in AD postmortem tissue or IBM biopsy which represents a final or very advanced disease stage.

Fig. 6 Amyloid deposits in muscle cells of transgenic *C. elegans*. **a** Transgenic worms stained with Thioflavine-S (*ThS*) show the intracellular amyloid deposits (arrows) formed when the wild-type human A β is expressed in muscle cells.

b Detail of amyloid deposits in *C. elegans* muscle cells. **c** The highly amyloidogenic Arctic A β variant (E22G) forms small intracellular deposits (arrows) in *C. elegans*. **d** The NIC variant (V18A), which favors the α -helical conformation over the β -sheet conformation and is therefore predicted to be non-aggregating, forms fewer and smaller intracellular deposits (arrows) in *C. elegans* muscle cells. **e** The graph shows the digital quantification of the ThS-positive amyloid deposits present anterior to the pharyngeal bulb in a transgenic strain expressing the wild-type A β peptide. The graph represents the percentage of total area of aggregates formed anterior to the pharyngeal bulb at different times (96–144 h) under control conditions (white bars) and when the animals were cultured in the presence of CuCl₂ (150 μ M, black bars), histidine (150 μ M, dark gray bars), or clioquinol (150 μ M, pale gray bars)



Further analysis done by Link and collaborators identified different chaperone-like proteins that interact with intracellular A β in *C. elegans*, and their studies suggest that chaperone function can have a role in A β metabolism and toxicity [169]. The study of the family of heat-shock proteins (Hsp), small oxidative-response and heat-response proteins expressed in all eukaryotes including the wild-type *C. elegans*, has been carried out with the use of standard approaches such as reporter genes like β -galactosidase [170] or GFP [171]. The studies in *C. elegans* showed that Hsp-16 family members respond to the presence of A β peptide by increasing their expression levels in a similar way to their response to heat shock. There is also an induction in the expression of HSP-16 in response to oxidative stress induced by the production of superoxide as it happens in AD [171]. Furthermore, the overexpression of HSP-16.2 reduced A β toxicity, altering its oligomerization and interacting directly with the A β peptide [172]. There are no reports on Hsp-16 concerning IBM, but it should be looked at in muscle biopsies of patients affected by this disease. These studies

show how relevant this model can be in order to contribute to our understanding of this muscle disorder.

Presenilins are proteins directly involved in the development of AD and possibly in IBM as well. Three presenilin homologs can be found in *C. elegans*: *hop-1*, *spe-4*, and *sel-12* [173]. Mutants in the *sel-12* gene have an egg laying defective phenotype [174] since it is a protein related to the organization of the vulval cells [175] including epidermal cells, neurons, and muscle cells [176]. *hop-1* and *sel-12* mutants have a loss of temperature memory and alterations in neuronal development and morphology [177]. SEL-12 has an important percentage of identity and is a functional homolog of human Presenilin 1 and 2. The heterologous expression of either one of the human presenilins in *C. elegans* can substitute for SEL-12 function. This feature makes it possible to use *C. elegans* as a model and get clues as to what takes place with the human protein [174].

AChE is another protein found in *C. elegans* that has also been implicated in AD. Four AChE genes are present

in the nematode: AChE classes A, B, C, and D encoded by genes *ace-1*, 2, 3, and 4, respectively [178, 179]. Their expression is tissue-specific; thus, *ace-1* is expressed mainly in body wall and vulva muscles, while *ace-2* is mostly expressed in neuronal cells [180].

Other features in relation to A β and its toxicity, such as oxidative stress or degradation pathways, can be studied in this model. For example, an A β transgenic *C. elegans* strain presents high levels of oxidative stress even before the onset of A β aggregation [181]. This is another issue that makes this nematode suitable for studying IBM, since oxidative stress is an important factor in this disease and has been related to A β toxicity in AD. *In vitro* studies demonstrated that the methionine in position 35 and its oxidation status has a role in the A β peptide oligomerization and aggregation [182–184]. A mutation made in the A β encoding mini-gene (Met35Cys) has led to the notion that the methionine at position 35 is involved in amyloid formation because the substitution blocks the formation of ThS-reactive deposits [185]. Its change for cysteine leads to decreased A β -induced protein oxidation [186]. Protein oxidation is extensive in AD [187], and the role of A β as mediator of oxidative stress has also been studied in A β -expressing *C. elegans* strains. Several proteins that are significantly oxidized were identified in response to A β expression. These proteins are involved in energy metabolism, proteasome function, and scavenging of oxidants, which are consistent with functions found to be altered in the AD brain [188]. These studies offer an approach that points to proteins which could be studied with therapeutic aims both for AD and IBM.

Autophagy is a vital pathway for degrading normal and aggregated proteins. It is a constitutive mechanism activated under stress conditions that causes the turnover of cytoplasmic constituents, reduces cell size, and decreases the metabolic rate while generating new substrates for energy and cell remodeling, important for survival and longevity [189]. In AD, neuropathological markers are associated with abnormalities in the endosomal–lysosomal system, including accumulation of autophagic vacuoles (AVs). Furthermore, autophagy is increased in AD and in an AD mouse model where autophagosomes show impaired maturation and late AVs accumulate in dystrophic dendrites. AVs are active compartments for A β generation. In these vesicles, there is APP, β CTF-, the β -cleaved carboxyl-terminal domain of APP, and BACE, as well as increased β -secretase activity. Immunoelectromicroscopy also shows the presence of A β peptide in AVs, suggesting that the abnormal accumulation of A β in AVs from affected neurons of AD brain contributes to β -amyloid deposition [190, 191]. Abnormal processes causing the accumulation of autophagy intermediates or vacuoles and a defective clearance of

A β favoring its aggregation are reviewed by Nixon [192]. Studies in *C. elegans* show that the expression of A β causes autophagosome accumulation and that decreased insulin-receptor signaling can reduce it and decrease A β -induced paralysis [193]. These kinds of experiments done in *C. elegans* allow making connections among different pathways involved in human diseases and may point to possible new therapeutic approaches.

The transgenic *C. elegans* strains carrying A β in muscle can also be used to assay some compounds or drugs with potential protective effects. For example, in this model, the treatment with *Ginkgo biloba* extract EGb 761 and Ginkgolides are able to reduce the number of ThS-positive deposits, to change the status of A β species (lowering A β oligomers), to decrease ROS levels, and to suppress amyloid-induced pathological behaviors, including paralysis. These extracts also improve chemotaxis and serotonin sensitivity in another strain that expresses A β in neurons [194].

Variants of the A β Peptide Expressed in *C. elegans*

The existence of variants of the A β peptide among patients with AD represents a major concern among researchers, since the changes in the amino acid sequence cause alterations in the 3D structure of the peptide, thus changing the thermodynamics of the aggregate's formation. The Dutch variant for instance has a glutamine residue instead of a glutamate at position 22 of the peptide (or 693 of the APP). This change induces the deposition of amyloid in brain blood vessels causing cerebral amyloid angiopathy. For more information, see [195]. A second common variant of the A β peptide is the substitution of glutamate 22 for glycine. This mutation is called Arctic because it was first seen in a Swedish family. People carrying this variant show decreased plasma levels of A β , but there is faster aggregation than with the A β wild type [196]. Given that the ability to aggregate apparently relies on the β -sheet structure the peptide adopts, the induction of an α -helix-enriched structure should generate a peptide with a lower tendency to form aggregates. In 1995, Soto and collaborators designed an A β variant changing the valine at position 18 of the peptide (659 of the APP) for an alanine residue that would favor the α -helical structure. This variant is indeed less amyloidogenic in *in vitro* studies [44, 195]. We have named this variant NIC.

In our laboratory, we have been conducting experiments in order to obtain transgenic *C. elegans* strains expressing these three variants [197]. Bioballistic techniques have been adapted to transform worms carrying the *unc-119(ed3)* mutation [198]. This mutation causes an uncoordinated phenotype. The transformation consists of

introducing two different genes: one (*unc-119* wild type) is used as a co-transformation marker and will give the worm the ability to move normally (allowing us to see a clear phenotypic difference) and the other is the mini-gene for the corresponding A β variant. We have already obtained transformants containing the Arctic and NIC variants. Both of them show deposits reactive to Thioflavine-S, indicating the presence of aggregates but not as many as the worms containing the wild-type A β (Fig. 6c,d). The creation of these transgenic animals has particular relevance, since it will allow the characterization of the intracellular deposits formed by the peptides containing these mutations in muscle cells in a live animal.

Plasticity of Amyloid Deposits: Role of Metals

As it was previously mentioned, the A β peptide is an important constituent of the amyloid deposits in the vacuolated muscle fibers of IBM patients and in the senile plaques of AD patients. Several studies show that AD senile plaques are metal-enriched structures containing Cu²⁺, Fe³⁺, and Zn²⁺ [199, 200]. On the other hand, the presence of Al³⁺ in senile plaques and neurofibrillary tangles has been much more controversial [201–206] as is its involvement in AD development [207]. While some authors show that there is no influence of aluminum on Alzheimer-like pathology [208], others argue that the involvement of Al in the pathogenesis of AD should not be discarded [209]. Recent studies show that Al promotes A β aggregation which is able to induce toxic effects on neuroblastoma cells [210] and correlate chronic Al³⁺ exposure with A β deposition and decrease of the stress response protein GRP78, similar to that seen in congophilic amyloid angiopathy in humans [211].

It is possible that Cu²⁺, Fe³⁺, and Zn²⁺ may be responsible, at least in part, for plaque plasticity. For instance, copper and zinc accelerate aggregation of synthetic A β peptide *in vitro* [212, 213]. It has also been shown that clioquinol—a copper and zinc chelator—diminishes the size of the extracellular A β deposits present in an APP transgenic mouse model. This drug also improves the mice's overall health [214]. In a clinical trial in which 18 AD patients were treated with clioquinol during 36 weeks, there was a delay in the progression of the disease. It is hypothesized that the effect is due to an alteration in A β metabolism [215]. Nevertheless, there are conflicting reports that point either to a beneficial or detrimental role of copper in relation to A β . Transgenic mice that overexpress APP have diminished copper levels [216, 217], and when their diet is supplemented with bioavailable copper, they show decreased production of soluble A β and restored normal SOD-1 activity [218]. In addition, the *tx* mutation (metal ATPase7b transporter) in

transgenic CRND8 mice that form amyloid deposits results in a decrease in plaque formation and A β plasma levels [219], which could be related to an increase in A β catabolism and/or A β clearance [220, 221]. On the other hand, copper ionophores like clioquinol and PBT2 show benefits in transgenic mouse models and phase 2 clinical trials of AD [214, 215, 222] (PRANABIO, personal communication).

In our laboratory, we are testing the hypothesis that copper levels modulate intracellular A β peptide aggregation in muscle cells of *C. elegans*. To test this hypothesis, we cultured the worms in agar plates supplemented with CuCl₂ or the copper chelators histidine and clioquinol to see whether or not there was an alteration in the A β peptide aggregation. Using ThS, we were able to visualize the amyloid deposits in 4- to 6-day-old worms. Quantification of the ThS-positive aggregates showed that the intramuscular amyloid deposits are indeed affected by copper levels (Minniti et al., in preparation; Fig. 6e). Taking into account the many similarities found between AD and IBM, we suggest that there is a possible role of copper and zinc in IBM too. It has been described that the isoform of SOD that is dependent on copper and zinc is involved in IBM [223], but no research has been done on these metals and their possible role in this myopathy.

Summary

In this review, we have discussed what is known about IBM, its symptoms, genetics, pathological landmarks, and molecules involved. We have also explained at length the features we think make the nematode *C. elegans* a suitable model for studying IBM at the molecular level. We showed that transgenic *C. elegans* strains have already made significant contributions to our knowledge of the changes that occur in muscle cells when amyloid aggregates form intracellularly (one of the features of IBM), for example, the onset of stress response in the affected muscle, the identification of genes that change their expression after A β expression in muscle cells, the role of autophagosomes, how A β oligomers and A β aggregates affect muscle function, and the possible role of metals in modulating intracellular A β in muscle cells. With this knowledge, it could be possible to go back to mammalian models, human biopsies, and cell culture models and test the hypothesis suggested by the work done in *C. elegans*. Finally, the experimental results obtained with the use of certain natural products and its derivatives that show behavioral improvement in the *C. elegans* models of IBM could point to new therapeutic alternatives for treating this disease.

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