Retinoic Acid Attenuates Rheumatoid Inflammation in Mice

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Retinoic Acid Attenuates Rheumatoid Inflammation in Mice

Seung-Ki Kwok,*,1 Mi-Kyung Park,†,1 Mi-La Cho,†,2 Hye-Jwa Oh,† Eun-Mi Park,† Dong-Gun Lee,† Jennifer Lee,*, Ho-Youn Kim,*† and Sung-Hwan Park*,2

Retinoic acid is the active vitamin A derivative and is well-known to have diverse immunomodulatory actions. In this study, we investigated the impact of all-trans retinoic acid (ATRA), a biologic key metabolite of vitamin A, on the development of arthritis and the pathophysiologic mechanisms by which ATRA might have antiarthritic effects in animal model of rheumatoid arthritis (RA; collagen-induced arthritis [CIA] in DBA/1J mice). We showed that treatment with ATRA markedly suppressed the clinical and histologic signs of arthritis in the CIA mice. It reduced the expression of IL-17 in the arthritic joints. Interestingly, Foxp3+ regulatory T cells were markedly increased and IL-17–producing CD4+ T cells (Th17 cells) were decreased in the spleens of ATRA-treated mice. In vitro treatment with ATRA induced the expression of Foxp3 and repressed the IL-17 expression in the CD4+ T cells in mice. ATRA suppressed the production of total IgG and IgG2a in splenocytes that were stimulated by LPS. It also reduced serum levels of total IgG and IgG2a anti-collagen Abs and germinal center formation in CIA mice. In addition, the ATRA-treated mice showed decreased osteoclast formation in arthritic joints. Moreover, ATRA downregulated the expression of receptor activator of NF-κB ligand, the leading player of osteoclastogenesis, in the CD4+ T cells and fibroblast-like synoviocytes from patients with RA. Furthermore, ATRA prevented both human monocytes and mice bone marrow-derived monocytes/macrophage cells from differentiating into osteoclasts. These data suggest ATRA might be an effective treatment modality for RA patients.


R
heumatoid arthritis (RA) is a multisystemic autoimmune disease of unknown cause, and RA is characterized by hyperplastic synovial membrane that is capable of destroying the adjacent articular cartilage and bone (1, 2). Although the pathogenesis of RA has not been completely elucidated, a variety of cytokines such as TNF-α and IL-6 play major roles in the development of RA. It is well-known that diverse biologic agents targeting proinflammatory cytokines like TNF-α and IL-6 have proved to be significantly superior to conventional disease-modifying antirheumatic drugs (DMARDs) (3-6). However, some populations of RA patients are still refractory to various biologic agents, as well as DMARDs. Therefore, the development of new therapeutic strategies is mandatory.

Retinoic acid is an acidic form of vitamin A, and it is well-known to play a major role in a wide range of physiologic pathways such as cell proliferation, embryogenesis, differentiation, morphogenesis, and inflammation (7). It has antitumor and diverse immunomodulatory actions (8), and it has been used for the treatment of acute promyelocytic leukemia (9) and inflammatory skin diseases like acne (10) and psoriasis (11). Retinoic acid also has been demonstrated to regulate reciprocal differentiation between regulatory T cells and Th17 cells. It can promote anti-inflammatory Foxp3-expressing regulatory T cells and suppress proinflammatory Th17 cells (12, 13). Regarding the effect of retinoic acid on autoimmune diseases, a few reports have shown the therapeutic efficacy of retinoic acid in animal models of multiple sclerosis (14) and systemic lupus erythematosus (15, 16). As for the role of retinoic acid in RA, which is the prototype of autoimmune diseases, a few investigations have shown that retinoic acid had a therapeutic impact on animal models of RA (17–20). However, the precise mechanism of the therapeutic effect mediated by retinoic acid in rheumatoid inflammation still remains to be determined.

Therefore, we hypothesized that all-trans retinoic acid (ATRA), which is a biologically active, key metabolite of vitamin A, would suppress arthritis in an animal model of RA, that is, collagen-induced arthritis (CIA). To elucidate the possible mechanism by which ATRA has a therapeutic effect, we investigated whether ATRA affects Th17 cells, which are a proinflammatory Th cell subset that has been deeply implicated in the development of RA (21), and Foxp3-expressing regulatory T cells, which suppress autoimmune processes and maintain peripheral tolerance (22). We also examined the effect of ATRA on humoral immune responses by evaluating Ab production and germinal center (GC) formation. We finally investigated the impact of ATRA on osteoclasts, which are critical cells that have been deeply implicated in bone destruction in RA, in vitro and in vivo.

**Abbreviations used in this article:** ATRA, all-trans retinoic acid; BMC, bone marrow cell; BMM, bone marrow-derived monocyte/macrophage; CIA, collagen-induced arthritis; CII, type II collagen; CTR, calcitonin receptor; DMARD, disease-modifying antirheumatic drug; GC, germinal center; iNOS, inducible NO synthase; MMP, matrix metalloproteinase; NFATc1, NFAT calcineurin-dependent 1; OSCAR, osteoclast-associated receptor; RA, rheumatoid arthritis; RA-FLS, fibroblast-like synoviocytes from patients with RA; RANK, receptor activator of NF-κB; RANKL, RANK ligand; TRAP, tartrate-resistant acid phosphatase.
Materials and Methods

Animals

Male DBA/1J mice were purchased from the Charles River Laboratory (Yokohama, Japan). The mice were fed food and water ad libitum, and they were allowed to acclimatize themselves for 2 wk before the initiation of experiment. The animals were kept under specific pathogen-free conditions and were studied at 7–10 wk of age. All the experimental procedures were examined and approved by the Animal Research Ethics Committee at The Catholic University of Korea.

Induction and evaluation of CIA

DBA/1J mice (7 wk of age) were intradermally immunized (day 0) at the base of the tail with 100 μg bovine type II collagen (CII; Chondrex, Redmond, WA) with CFA (Chondrex).

To investigate the effect of ATRA on CIA, we injected DBA/1 mice i.p. three times a week for 9 wk with 0.5 mg/kg ATRA or cottonseed oil (vehicle) as a control, beginning on day 7 after the primary immunization, and the mice were monitored for 10 wk. The mice were visually examined three times per week for the appearance of arthritis in the peripheral joints, and the arthritis score index for the disease severity was as follows: 0, no evidence of erythema and swelling; 1, erythema and mild swelling confined to the midfoot (tarsals) or ankle joint; 2, erythema and mild swelling extending from the ankle to the midfoot; 3, erythema and moderate swelling extending from the ankle to the metatarsal joints; 4, erythema and severe swelling encompassing the ankle, foot, and digits. The maximum possible score per mouse was 16. The scoring was done by two independent observers who were without knowledge of the experimental and control groups.

Histopathology of arthritis

The mouse joint tissues were fixed in 4% paraformaldehyde, decalcified in EDTA bone decalcifier, and embedded in paraffin. Seven-micrometer sections were prepared and stained with H&E, Safranin O, and toluidine blue to detect proteoglycans. The sections were dewaxed using xylene; sections were first incubated with the primary anti-nitrotyrosine, anti-inducible NO synthase (anti-iNOS), anti–IL-17, anti-IL-6, and anti–IL-21 Abs (all from Santa Cruz Biotechnology, Santa Cruz, CA); then the sections were incubated with biotinylated anti–CD4 (BD Pharmingen) and streptavidin Cy-3 (Zymed) overnight at 4˚C. The stained sections were analyzed using a Zeiss microscope (LSM 510 Meta; Carl Zeiss, Oberkochen, Germany) at ×400 magnification.

Anti-CD Ab measurement

The anti-CII total IgG and IgG2a Abs were measured using the mouse IgG1/IgG2a ELISA quantitation kit (Bethyl Lab, Montgomery, TX). The levels of total IgG and IgG2a were measured in the mice sera that were diluted 25,000-fold. In some experiments, immediately after the spleens were excised, splenocyte suspension was prepared by gently teasing the spleens with forceps. RBCs were lysed by the addition of a lysis buffer (0.16 M ammonium chloride in Tris buffer, pH 7.2) at 37˚C for 2 min. The final splenocyte concentration was adjusted to 5 × 10^6 cells/well in a 48-well plate and incubated with ARTA for 2 h before 100 ng/ml LPS stimulation at 37˚C in a 5% CO2 humidified incubator. After 6 d in culture, the supernatant was collected and frozen at −70˚C for the assays of IgG. The OD in each well was measured at a 450-nm wavelength in an ELISA plate reader (Bio-Rad, Hercules, CA).

CII-specific T cell response

The spleen was minced and the cells were filtered through a cell strainer and centrifuged at 1500 rpm at 4˚C for 10 min. CD4+ T cells were purified by negative selection using the Untouched CD4+ T Cell Isolation Kit II (Miltenyi Biotec, Bergisch Gladbach, Germany). CD25+ T cells were depleted from isolated CD4+ T cells using CD25 Microbeads (Miltenyi Biotec) to obtain the CD4+CD25− population. All the magnetic separations were performed with the Automacs Separator, following the manufacturer's instructions. The CD4+CD25− T cells (1 × 10^6/well) were cultured with irradiated T cell-depleted splenic APCs (1 × 10^6/well) in 96-well plates at 37˚C for 72 h in the presence of 50 μg/ml CII Ag. The cells were cultured for 72 h, and 18 h before the termination of culture, 1 μCi [3H]Thymidine (Amersham Pharmacia. Biotech, Little Chalfont, U.K.) was added to each well. The cells were harvested onto glass fiber filters, and the radioactivity incorporated in the cells was measured using a Wallac Betaplate liquid scintillation counter (Beckman, Fullerton, CA). The results were expressed as the mean cpm of triplicate cultures ± SEM.

Analysis of the gene expression by real-time quantitative PCR

Total RNA was extracted using TRIzol (Molecular Research Center, Cincinnati, OH). Two micrograms of total RNA was reverse transcribed using the Superscript Reverse Transcription system (Takara, Shiga, Japan). The levels of mRNA expression were estimated using real-time quantitative PCR with LightCycler FastStart DNA master SYBR green I (Takara). The sequences of PCR primers for mouse and human are shown in Tables I and II, respectively.

Table I. Mouse primer sequences

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<th>Gene Symbol</th>
<th>GenBank Accession</th>
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Confocal microscope

For confocal staining, 7-μm tissue sections of the spleens were stained using FITC-conjugated anti-Foxp3, PE-conjugated anti-IL-17, allopurinol-conjugated anti-CD25, allopurinol-conjugated anti-β2FITC, FITC-conjugated anti–GL-7, and PE-conjugated anti-CD138 (all from eBiosciences, San Diego, CA); then the sections were incubated with biotinylated anti–CD4 (BD Pharmingen) and streptavidin Cy-3 (Zymed) overnight at 4˚C. The stained sections were analyzed using a Zeiss microscope (LSM 510 Meta; Carl Zeiss, Oberkochen, Germany) at ×400 magnification.

Detection of phospho-STATs and intracellular cytokines by flow cytometry

Intracellular analysis of cytokine was performed using flow cytometry on a FACSCalibur (Becton Dickinson, San Jose, CA). The CD4+ T cells from mice were plated at 1 × 10^6 cells/well in a 24-well plate (Nunc, Roskilde,
Denmark) and stimulated with 1 μg/ml plate-bound anti-CD3 mAb and 1 μg/ml anti-CD28 mAb (BD Pharmingen) for 3 d under Th17 cell-polarizing conditions (10 μg/ml anti–IFN-γ, 10 μg/ml anti–IL-4, 2 ng/ml TGF-β, 20 ng/ml IL-6). After 3 d of stimulation, the cells were restimulated with 25 ng/ml PMA and 250 ng/ml ionomycin (both from Sigma, St. Louis, MO) in the presence of GolgiStop (BD Pharmingen) for 5 h. The cells were stained with PerCP-conjugated anti-CD4 Ab (BD Pharmingen), then fixed and permeabilized with Cytofix/Cytoperm (BD Pharmingen) using a Foxp3 staining buffer kit according to the manufacturer’s instructions. Cells were stained with PE-conjugated anti-Foxp3 and FITC-conjugated anti–IL-17 (all from eBioscience, San Diego, CA).

To stain phospho-STATs, we pretreated splenocytes from the DBA/1J mice for 30 min with ATRA. The cells were cultured for 15, 30, and 60 min under conditions for Th17 cell differentiation, and they were stained with PE-conjugated anti–phospho-STAT3 (Y705) and anti–phospho-STAT5 (Y694; all from BD Pharmingen), using the Fixation Buffer and Perm Buffer III according to the manufacturer’s instructions. All the data were analyzed using FlowJo software (Tree Star, Ashland, OR).

**Immunoblotting**

Freshly isolated splenocytes or PMA (25 ng/ml) and ionomycin (250 ng/ml)-stimulated splenocytes from the mice treated with ATRA or vehicle

### Table II. Human primer sequences

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<tr>
<th>Gene Symbol</th>
<th>GenBank Accession</th>
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<th>Reverse Primer 5'→3'</th>
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**FIGURE 1.** Treatment with ATRA suppresses inflammatory arthritis in CIA mice. (A) A reduction in arthritis score and arthritis incidence in CIA mice via ATRA. The mice were immunized with CII. Seven days after immunization, the mice were treated with i.p. injections of ATRA (0.5 mg/kg) or vehicle three times per week for 9 wk. The results are shown as the mean arthritis score ± SD (left panel) and arthritis incidence (right panel). (B) Histologic examinations of the joints from the CIA mice treated with ATRA or vehicle. The mice were killed on day 49 after immunization. Tissue sections from the joints of each mouse were stained with H&E, toluidine blue, and safranin O. The joints from the mice treated with ATRA show mild erosive arthritis, whereas the joints from mice treated with vehicle show markedly erosive and destructive arthritis. The representative photographs from each group are shown. Original magnification ×40 or ×200, as indicated. The histologic scores of inflammation and cartilage damage in mice treated with ATRA (n = 10) or vehicle (n = 10) are shown in the right graph. Data are expressed as the mean ± SD. ***p < 0.01 compared with the vehicle-treated control group. (C) The tissue sections from the joints of the CIA mice treated with ATRA and vehicle were stained with the anti-nitrotyrosine, anti-iNOS, anti–TNF-α, anti–IL-1β, and anti–IL-6 or isotype control Abs. The cells stained with each Ab are shown in brown. Original magnification ×400.
were washed once with cold PBS, and the total proteins were extracted with lysis buffer (1% Nonidet P-40, PMSEF 2 mM sodium vanadate, 0.1% sodium deoxycholate, and protease inhibitor mixture; Roche Applied Science, Mannheim, Germany). The harvested lysates were centrifuged for 10 min at 4°C to pellet cellular debris. The supernatants were removed and stored at −70°C. The protein lysate (50 μg) was loaded on 10% SDS-PAGE, followed by transfer to nitrocellulose membranes (Invitrogen Life Technologies). The blots were then blocked with 5% nonfat dry milk in TBST for 1 h at room temperature; then the blots were incubated overnight at 4°C with Abs specific for phospho-STAT3 (Y705, S727). After washing with TBST, the blots were incubated with goat anti-mouse or goat anti-rabbit HRP-conjugated secondary Abs and the bands were revealed with ECL reagents (Amersham Biosciences, Piscataway, NJ). After stripping, the total anti-STAT3 was used as a loading control.

In vitro osteoclastogenesis

Bone marrow-derived monocyte/macrophage (BMM) cells were isolated from the tibia and femur of the mice. The cells were incubated with α-MEM (Invitrogen, Burlingame, CA) containing antibiotics and 10% heat-inactivated FBS for 12 h to separate the floating cells and adherent cells. The floating cells were seeded on 48-well plates at 1 × 10^5 cells/well, and they were cultured in the presence of 10 ng/ml recombinant human (rh) M-CSF (R&D Systems, Minneapolis, MN) with MEM (alpha-MEM). Three days later, the washed out nonadherent cells and preosteoclasts were further cultured in the presence of 10 ng/ml M-CSF, 50 ng/ml RANKL (PeproTech, London, U.K.), and various concentrations of ATRA for 4 d, to generate osteoclasts.

The BMMs obtained from three healthy human volunteers were separated from theuffy coats using Ficoll-Hypaque (GE Healthcare, Uppsala, Sweden). The BMMs with the RBCs removed were seeded onto 24-well plates at 5 × 10^5 cells/well and incubated at 37°C for 2 h to separate the floating and adherent cells. The adherent cells were washed with sterile PBS, and they were cultured with 100 ng/ml M-CSF. After 3 d, these cells were further cultured in the presence of 25 ng/ml M-CSF, 30 ng/ml RANKL, and various concentrations of ATRA for 9 d. On day 3, the medium was replaced with fresh medium containing M-CSF, RANKL, and ATRA. Informed consent was obtained from all the participating subjects. This study was reviewed and approved by our Institutional Review Board for human studies.

Tartrate-resistant acid phosphatase staining

Tartrate-resistant acid phosphatase (TRAP) staining was performed using a commercial kit (Sigma-Aldrich), according to the manufacturer’s instructions with omitting counterstaining with hematoxylin. The TRAP+ multinucleate cells with three or more nuclei were considered osteoclasts. The numbers of osteoclasts were determined according to the method described by Bendele et al. (24). All the histologic assessments were made by three independent blinded observers.

Statistical analysis

Statistical analyses were performed by using SAS software (Version 9). The experimental values are presented as means ± SD. Comparisons of numerical data between two groups were performed by Student t tests or Mann–Whitney U test. Differences in the mean values of various groups were analyzed by using ANOVA with a post hoc test. The p values < 0.05 (two-tailed) were considered significant.

Results

ATRA suppresses the inflammatory arthritis in CIA mice

We investigated whether treatment with ATRA would suppress the rheumatoid inflammation and joint destruction in CIA mice. The results showed that i.p. injections of ATRA (0.5 mg/kg) reduced the arthritic score and arthritis incidence compared with i.p. injections of vehicle (Fig. 1A). We also delayed ATRA treatment to be able to determine the impact of ATRA on established disease. The CIA mice (n = 5) treated with ATRA, beginning on day 21 (3 wk) after the primary immunization, showed the equivalent arthritis score as the CIA mice (n = 5) treated with ATRA, beginning on day 7 (1 wk) (data not shown). On histologic examination of the joints, it was found that the paws and ankles of the ATRA-treated mice exhibited a lower degree of inflammation and cartilage damage compared with that of the vehicle-treated mice, as determined on day 49 after immunization (Fig. 1B). In addition, the ATRA-treated mice showed markedly decreased expressions of proinflammatory cytokines such as TNF-α, IL-1β, and IL-6, and oxidative stress markers such as nitrotyrosine and iNOS, which was demonstrated by immunohistochemistry (Fig. 1C).

ATRA increased Foxp3-expressing regulatory T cell populations and decreased Th17 cells in CIA mice

We next investigated whether ATRA would affect the population of new Th cell subsets, that is, regulatory T cells and Th17 cells. We evaluated the expression of IL-17, which is the main cytokine that characterizes Th17 cells (25), and IL-21, which is also produced by Th17 cells and plays important roles in the regulation of Th17 cells in arthritic joints. As shown in Fig. 2A, the CIA mice treated with ATRA showed a lower degree of inflammation and cartilage damage compared with that of the vehicle-treated mice, as determined by three independent blinded observers. This study was reviewed and approved by our Institutional Review Board for human studies. The PBMCs obtained from three healthy human volunteers were separated from theuffy coats using Ficoll-Hypaque (GE Healthcare, Uppsala, Sweden). The PBMCs with the RBCs removed were seeded onto 24-well plates at 5 × 10^5 cells/well and incubated at 37°C for 2 h to separate the floating and adherent cells. The adherent cells were washed with sterile PBS, and they were cultured with 100 ng/ml M-CSF. After 3 d, these cells were further cultured in the presence of 25 ng/ml M-CSF, 30 ng/ml RANKL, and various concentrations of ATRA for 9 d. On day 3, the medium was replaced with fresh medium containing M-CSF, RANKL, and ATRA. Informed consent was obtained from all the participating subjects. This study was reviewed and approved by our Institutional Review Board for human studies.

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treated with ATRA showed profoundly decreased expressions of IL-17 and IL-21 compared with the mice treated with vehicle. We next examined the numbers of CD4+CD25+Foxp3+ regulatory T cells and CD4+IL-17+ cells (Th17 cells) in spleens by performing confocal staining. The results indicated that the spleen tissues from the mice treated with ATRA showed increased numbers of Foxp3+ regulatory T cells and decreased numbers of Th17 cells compared with that of the mice treated with vehicle (Fig. 2B). The mRNA levels of IL-17 and Foxp3, the latter of which is the master regulator in the development and function of regulatory T cells (26), in the splenocytes of CIA mice were measured in the presence of CII stimulation for 72 h. As expected, the mice treated with ATRA showed an increased expression of Foxp3 and a decreased expression of IL-17 (Fig. 2C). We also measured T cell proliferative responses to CII. The results showed that the splenocytes obtained from the mice treated with ATRA showed decreased T cell proliferative responses to CII compared with those treated with vehicle (Fig. 2D).

**ATRA induces Foxp3 and represses IL-17 in the CD4+ T cells in mice**

We examined the effect of ATRA on Th17 cell differentiation in vitro. To investigate the role of ATRA under conditions favoring the development of Th17 cells, we cultured the splenocytes in the presence of anti-CD3, TGF-β, and IL-6 with or without ATRA. After stimulation under conditions favoring the development of Th17 cells, we found that the number of CD4+CD25+ cells expressing Foxp3 was substantially augmented after the addition of ATRA, whereas the number of IL-17–expressing CD4+ cells was decreased (Fig. 3A). There was no evidence of increased cell death in the ATRA-treated group (data not shown). We also checked the mRNA levels of Foxp3, IL-17, IL-21, and IL-10 in the splenocytes and lymph node cells obtained from the CIA mice treated with ATRA or vehicle. As shown in Fig. 3B, the ATRA-treated mice showed increased expression of Foxp3 and decreased expression of IL-17 in both the splenocytes and lymph node cells after in vitro stimulation with PMA and ionomycin. In addition, the ATRA-treated mice showed a decreased expression of IL-21 and an increased expression of IL-10 in the splenocytes. Intracellular flow cytometry analysis also indicated that the ATRA-treated mice showed decreased expression of IL-17 in the splenocytes after in vitro stimulation with PMA and ionomycin.

The splenocytes isolated from the mice treated with ATRA or vehicle were treated with or without PMA and ionomycin, to investigate the signaling pathway that might mediate the ATRA-induced regulation of Th17 cells and regulatory T cells. The expressions of pSTAT3 were evaluated by Western blot analysis. The results showed that there was no difference in the expression of pSTAT3 between the mice treated with ATRA or vehicle (Fig. 3C). In addition, CD4+ T cells isolated from normal DBA/1J...
mice were cultured under Th17 cells inducing cytokine conditions with or without ATRA. Flow cytometric analysis showed that there was no difference in the expressions of pSTAT5 and pSTAT3 between the groups (Fig. 3D).

These findings suggest that ATRA prevents Th17 cell differentiation, and it augments conversion into regulatory T cells even in the presence of Th17 cell-promoting conditions, and this is independent of the STAT3 or STAT5 pathway.

**ATRA attenuates humoral immune responses in mice**

We next examined whether ATRA would affect humoral immune responses in mice. We first investigated the effect of ATRA on Ab production in vitro. As shown in Fig. 4A, in vitro treatment with ATRA attenuated the production of total IgG and IgG2a in splenocytes that were stimulated by LPS. We next examined the effect of ATRA on the Ag-specific humoral immune responses in vivo; we measured the CII-specific total IgG and IgG2a in the sera of CIA mice at three different time points. As shown in Fig. 4B, the serum levels of total IgG and IgG2a were significantly lower in the mice treated with ATRA, as determined at 21, 42, and 70 d after immunization.

GCs are sites within peripheral lymphoid tissues where intense mature B lymphocytes rapidly proliferate, differentiate into plasma cells, mutate through somatic hypermutation, and class switch during Ab production (27). Therefore, we examined the impact of ATRA on GC formation, the critical step in humoral immune response, in vivo. The results showed that the spleen tissues of ATRA-treated mice exhibit markedly decreased formation of GC compared with that of vehicle-treated mice (Fig. 4C).

**ATRA inhibits osteoclastogenesis in CIA mice**

Osteoclasts are primarily involved in the bone destruction of RA. RANKL is the key osteoclastogenic molecule expressed by osteoclastogenesis-supporting cells like activated CD4+ T cells, osteoblasts, and synoviocytes (28, 29), and it binds to its single receptor RANK, and thereby mediates osteoclastogenesis that leads to bone destruction. To examine the effect of ATRA on osteoclast formation, we performed TRAP staining on the tissue sections from the joints from mice treated with ATRA or vehicle. As shown in Fig. 5A, the joint tissues of ATRA-treated mice showed a markedly reduced formation of osteoclasts compared with that of vehicle-treated mice. The expressions of RANKL, RANK, and other osteoclastogenesis-related molecules such as CTR and NFATc1 were markedly decreased in ATRA-treated mice.

We checked the mRNA levels of osteoclastogenic markers in bone marrow cells (BMCs), which include the precursors of osteoclasts, in the mice treated with ATRA or vehicle. The results showed that the expressions of TRAP, osteoclast-associated receptor (OSCAR), and cathepsin K were reduced in the BMCs of ATRA-treated mice (Fig. 5B). The expressions of integrin β3, CTR, and NFATc1 did not show any difference between the groups (data not shown).

Our next experiments were done to examine whether ATRA inhibits osteoclast formation in vitro. The BMM cells were prepared from CIA mice; then they were stimulated with M-CSF and/or RANKL to induce osteoclastogenesis. The addition of ATRA markedly inhibited osteoclastogenesis. These findings were evaluated by counting the numbers of TRAP+ cells per well (Fig. 5C). The mRNA levels of various osteoclastogenic markers such as CTR, integrin β3, TRAP, OSCAR, NFATc1, and cathepsin K were also remarkably decreased by the addition of ATRA (Fig. 5D). Collectively, these results imply that ATRA inhibits osteoclastogenesis in CIA mice both in vitro and in vivo.

**ATRA inhibits osteoclastogenesis in humans**

To determine the effect of ATRA on osteoclast formation in humans, we first examined whether ATRA would affect the expression of RANKL, the leading player of osteoclastogenesis, in the CD4+ T cells and synoviocytes. As shown in Fig. 6A, treatment with ATRA dose-dependently repressed the expression of RANKL in CD4+ T cells obtained from the human healthy control subjects, which were stimulated by anti-CD3 Ab. In addition, ATRA also repressed the RANKL expression of the fibroblast-like synoviocytes from patients with RA (RA-FLS) stimulated by IL-1β (Fig. 6B). Moreover, ATRA reduced the production of diverse matrix metalloproteinases (MMPs; MMP-1, MMP-3, and MMP-13) in the RA-FLS (Fig. 6C). Furthermore, in the presence of low-dose RANKL and M-CSF, the addition of ATRA prevented human

**FIGURE 4.** ATRA inhibits autoantibody production and GC formation in mice. (A) Splenocytes isolated from DBA/1J mice were pretreated with or without ATRA (0.1–10 μM) for 2 h and then cultured in the presence or absence of LPS (100 ng/ml). Six days later, total IgG and IgG2a were determined in the culture supernatant by ELISA. Data are expressed as the mean ± SD. ***p < 0.001, **p < 0.01, *p < 0.05. (B) Levels of the circulating CII-specific IgG and IgG2a in CIA mice treated with ATRA (n = 10) or vehicle (n = 10). CII-specific total IgG and IgG2a were determined in the serum samples of individual mice by ELISA. Data are expressed as the mean ± SD. **p < 0.01 compared with the vehicle-treated group. (C) ATRA reduces both GC formation and plasma cells. Spleen tissues from CIA mice treated with ATRA or vehicle were stained for GCs and plasma cells using Abs specific for B220, CD4, GL7, and CD138. Both populations were analyzed using laser confocal microscopy (original magnification ×400). Data are representative of three independent experiments.
monocytes from differentiating into mature osteoclasts, which was determined by TRAP staining (Fig. 7A). It also reduced the expressions of osteoclastogenic markers such as TRAP, cathepsin K, and MMP-9 (Fig. 7B). These findings suggest that ATRA inhibits osteoclastogenesis in humans.

**Discussion**

In this study, we have demonstrated that treatment with ATRA reduced the clinical and histologic scores in CIA mice, which is the prototype of an animal model of RA. We proposed several evidences indicating that there are three possible mechanisms by
which ATRA have an antiarthritic effect: one is the regulation between regulatory T cells and Th17 cells, another is the inhibition of humoral immune responses, and the third is inhibition of osteoclast formation.

A couple of decades ago, Mosmann et al. (30) proposed that CD4+ T cells differentiate into two subsets with reciprocal functions and patterns of cytokine secretion, and these two subsets are called Th1 and Th2 cells. This classic paradigm was maintained until distinct Th cell subsets, Th17 cells (25, 31) and regulatory T cells (32), were identified. Regulatory T cells, in which the expression of transcription factor Foxp3 occurs, play major roles in the maintenance of immunologic self-tolerance and immune homeostasis (32, 33). In contrast, Th17 cells are a unique CD4+ T cell subset, and these cells are characterized by the production of IL-17. It is well-known that Th17 cells and IL-17 play a critical role in the pathogenesis of various autoimmune diseases, including RA (34, 35), psoriasis (36), multiple sclerosis (37), inflammatory bowel disease (38), and asthma (39).

Therefore, it can be speculated that both Th17 cells and IL-17 should be promising therapeutic targets in autoimmune diseases.

In fact, therapeutic strategies targeting Th17 cells and IL-17 have been tried in human autoimmune diseases (40–44). Humanized anti–IL-17 mAbs are currently in clinical trial for patients with RA (42) and psoriasis (44). In addition, tofacitinib, a novel JAK inhibitor, which inhibits IL-17 production by human CD4+ T cells (45), is in clinical trial for RA patients (41, 43).

In this study, we found that ATRA inhibited Th17 cells and promoted Foxp3-expressing regulatory T cells in vivo during the development of inflammatory arthritis, as well as in vitro. These findings suggest that reciprocal regulation between regulatory T cells and Th17 cells by retinoic acid is one of the underlying mechanisms of retinoic acid’s antiarthritic effect.

FIGURE 6. ATRA downregulates the expression of RANKL in the CD4+ T cells and RA-FLS. (A) The CD4+ T cells from human healthy control subjects (n = 3) were cultured with or without anti-CD3 (1 μg/ml) in the presence or absence of ATRA (0.2–5.0 μM) for 48 h. The RANKL expression was evaluated by immunostaining. The representative photographs from each group are shown in the upper panels. The CD4+ T cells showing positive RANKL staining were enumerated visually at higher magnification (projected on a screen) by four individuals, and the mean values are presented in the lower panel. Original magnification × 400. **p < 0.01. (B) ATRA inhibited IL-1β–stimulated expression of RANKL in the RA-FLS (n = 3). The RA-FLS were cultured with or without IL-1β (20 ng/ml) and/or ATRA (1 μM) for 48 h. The levels of RANKL mRNA were determined by real-time PCR. **p < 0.01, compared with the IL-1β–treated group. (C) ATRA inhibited the expressions of MMP-1, MMP-3, and MMP-13 in RA-FLS (n = 3). RA-FLS were cultured with or without IL-1β (20 ng/ml) and/or ATRA (1 μM) for 48 h. The levels of the mRNA of MMP-1, MMP-3, and MMP-13 were determined by real-time PCR. *p < 0.05, **p < 0.01.
Bone destruction is critically important for the prognosis of patients with RA because it is closely related to functional disability. Osteoclasts are specialized bone-resorbing cells, and they are the major cells that have been deeply implicated in bone destruction. There have been several discordant reports regarding the effect of retinoic acid on osteoclasts (48–53). Some showed that retinoic acid increased the number or activity of osteoclasts (48, 49, 51), whereas others reported that retinoic acid inhibits osteoclast formation (50, 52, 53). These inconsistencies between studies might stem from the different culture systems or species of experimental animals. There were two recent reports showing that ATRA inhibits osteoclastogenesis in vitro (52, 53). Conaway et al. (52) demonstrated that ATRA inhibits the in vitro differentiation of hematopoietic osteoclast progenitor cells into osteoclast using mouse BMM cells, bone marrow macrophages, and spleen cells. Hu et al. (53) showed that in vitro treatment with ATRA inhibits the RANKL-stimulated osteoclast differentiation of human monocytes by suppressing RANK expression. In this study, we demonstrated that in vitro treatment with ATRA inhibits osteoclastogenesis both in mice and humans, similar to what was found in a couple of previous reports (52, 53). In addition, we also verified that ATRA inhibits osteoclastogenesis in vivo during the development of inflammatory arthritis in mice. Therefore, despite a few reports that showed that retinoic acid increased the number or activity of osteoclasts (48, 49, 51), it is likely that retinoic acid inhibits osteoclastogenesis.

Development of biologic agents, such as the TNF-α inhibitors, has brought about a profound paradigm shift in the treatment of RA. This is mainly because combinations of methotrexate, which is the prototype of conventional DMARDs, and TNF-α inhibitors such as infliximab, etanercept, and adalimumab have proved to be significantly superior to methotrexate alone for inhibiting radiologic progression, as well as for improving the signs and symptoms of disease (35–37). Thus, retinoic acid, which we proved to have antosteoclastogenic activity in this study, could be a good therapeutic strategy for the treatment with RA and especially in light of preventing bone destruction.

In conclusion, we have observed that ATRA improved the clinical course of arthritis in CIA mice. It induces the expansion of regulatory T cells and suppresses Th17 cells. ATRA also inhibits humoral immune responses and osteoclast formation in vivo during the development of inflammatory arthritis, as well as in vitro. These data suggest that ATRA might be one of the therapeutic candidate molecules for treating the patients with RA.

Disclosures
The authors have no financial conflicts of interest.

References


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