

## Measurement of Age-Related Changes in Bone Matrix Using $^2\text{H}_2\text{O}$ Labeling

Jeongae Lee<sup>1</sup> and Yoo Kyeong Kim<sup>2\*</sup>

<sup>1</sup>Bioanalysis & Biotransformation Research Center, Korea Institute of Science & Technology, Seoul 136-791, Korea

<sup>2</sup>Department of Home Economics Education, Kyungpook National University, Daegu 702-701, Korea

### Abstract

Age-related changes in bone metabolism are well established by biochemical markers of bone matrix in serum and urine, but analysis of the residual bone matrix, which is still turning over, has not been investigated. In the present study, we measured *in vivo* rates of bone protein synthesis using a precursor-product method based on the exchange of  $^2\text{H}$  from  $^2\text{H}_2\text{O}$  into amino acids. Four percent  $^2\text{H}_2\text{O}$  was administered to mice in drinking water after intraperitoneal (i.p) bolus injection of 99.9%  $^2\text{H}_2\text{O}$ . Mice were divided into the two groups: growing young mice were administered 4%  $^2\text{H}_2\text{O}$  for 12 weeks after an i.p bolus injection at 5 week of age, whereas weight stable adult mice started drinking 4%  $^2\text{H}_2\text{O}$  8 weeks later than the growing group and continued 4%  $^2\text{H}_2\text{O}$  drinking for 8 weeks. Mass isotopomer abundance in alanine from bone protein was analyzed by gas chromatography/mass spectrometry. Body  $^2\text{H}_2\text{O}$  enrichments were in the range of 1.88~2.41% over the labeling period. The fractional synthesis rates (ks) of bone protein were  $2.000 \pm 0.071\%/d$  for growing mice and  $0.243 \pm 0.014\%/d$  for adult mice. These results demonstrate that the bone protein synthesis rate decreases with age and present direct evidence of age-related changes in bone protein synthesis.

**Key words:** age, bone matrix,  $^2\text{H}_2\text{O}$ , fractional synthesis rate

### INTRODUCTION

Age-related changes in bonemetabolism have been extensively investigated (1-6). These findings have been established by measuring bone mineral density (BMD) and the levels of biochemical markers, circulating by-products of bone metabolism in serum and urine. However, few studies have investigated the residual bone protein turnover mainly owing to difficulties involved in measuring it directly.

The use of isotope tracers of amino acids as incorporated markers during protein synthesis is an attractive method to investigate the dynamic nature of bone remodeling. However, major problems remain in defining the labeling of the true precursor for protein synthesis, i.e. the aminoacyl- or iminoacyl-tRNA, due to the complex subcellular organization of amino acid pools (7-9). Use of surrogate amino acid (AA) pools, such as plasma AA, or of a flooding dose approach, in which a large bolus dose of labeled amino acid is given to label all free blood and tissue amino acid pools to the same extent, have been employed to attain equilibration of labels in the precursor pool; however, the methods still suffer from practical limitations (10). Another problem derives from the very slow turnover rate of bone protein, which leads

to label recycling and thus the underestimating of the turnover rate (9-12).

A precursor-product approach has practical advantages to overcome problems in defining a true precursor pool of protein synthesis if isotopic enrichment (I.E.) of the biosynthetic precursor pool is held relatively constant during the labeling period (13). However, continuous long-term administration of a labeled substrate to maintain relatively constant I.E. in the biosynthetic precursor pool may be unfeasible for slow turnover proteins as the cost of maintaining constant I.E. over a long time period can be prohibitive.

Since Ussing (14) introduced the use of  $^2\text{H}_2\text{O}$ , a stable isotope of water, in animals to measure rates of protein renewal in 1941,  $^2\text{H}_2\text{O}$  has been used as a tracer to measure the synthesis rates of fatty acids (15-17), cholesterol (18), glucose (19-21), and DNA (17,22,23). Recently, *in vivo* rates of protein synthesis have been measured in rodents (11,24) and humans (25) following  $^2\text{H}_2\text{O}$  ingestion based on the incorporation of  $^2\text{H}$  from  $^2\text{H}_2\text{O}$  into the C-H bonds of the amino acids through specific, enzyme-catalyzed reactions (11,25).  $^2\text{H}_2\text{O}$  can enter into C-H bonds of free AA's in the cell only through the reactions of intermediary metabolism, but  $^2\text{H}_2\text{O}$  cannot enter into AA's that are present in peptide bonds or that

\*Corresponding author. E-mail: yookim@wmail.knu.ac.kr  
Phone: +82-53-950-5929, Fax: +82-53-950-5924

are bound to transfer RNA. The presence of  $^2\text{H}$ -label in C-H bonds of protein-bound AA after  $^2\text{H}_2\text{O}$  administration therefore means that the protein was assembled from AA that were in the free form during the period of  $^2\text{H}_2\text{O}$  exposure - i.e. that the protein is newly synthesized. In addition, essential AA's may incorporate a single hydrogen atom from body water into the  $\alpha$ -carbon C-H bond, through rapidly reversible transamination reactions. Non-essential AA's, e.g. alanine, contain a larger number of metabolically exchangeable C-H bonds and are therefore expected to exhibit higher I.E. values per molecule from  $^2\text{H}_2\text{O}$  (11).

$^2\text{H}_2\text{O}$  labeling provides many advantages allowing continuous long-term labeling to attain constant isotopic enrichment of the precursor pool in terms of reproducible incorporation of  $^2\text{H}$  from  $^2\text{H}_2\text{O}$  into the C-H bonds of amino acids, the constancy of body  $^2\text{H}_2\text{O}$  enrichments over time without toxicities or side-effects, and the ease of oral  $^2\text{H}_2\text{O}$  administration combined with the relatively low cost of  $^2\text{H}_2\text{O}$ .

In the present study, we measured the *in vivo* rate of bone protein synthesis through  $^2\text{H}$  enrichment of the alanine pool during  $^2\text{H}_2\text{O}$  exposure to investigate age-related changes in bone metabolism in mice.

## MATERIALS AND METHODS

### Materials

$^2\text{H}_2\text{O}$  was purchased from Cambridge Isotope Labs (Andover, MA, USA). Chemicals were purchased from Sigma, Inc. (St. Louis, MO, USA), unless otherwise stated.

### Animals

Five-week-old female BC57Blk/6ksj mice (10~15 g, Jackson Laboratories, Bar Harbor, ME, USA) were housed five per cage at 22~24°C in an air-conditioned chamber with a 12 hour light-dark cycle. Diet (Purina® rodent chow) and water were provided *ad-libitum*. All experimental procedures were performed in accordance with the NIH guidelines for the care and use of laboratory animals.

### $^2\text{H}_2\text{O}$ administration protocol

The  $^2\text{H}_2\text{O}$  labeling protocol (22,26) consisted of an initial intraperitoneal (i.p) injection of 99.9%  $^2\text{H}_2\text{O}$  to achieve  $\approx 2.5\%$  body water enrichment (assuming the total body water to be 60% of the body weight) followed by administration of 4%  $^2\text{H}_2\text{O}$  in drinking water for the duration of study. Mice were divided into the following two groups: growing young mice were administered with 4%  $^2\text{H}_2\text{O}$  for 12 weeks after i.p bolus injection at age of 5 weeks, whereas weight stable adult mice started 4%

$^2\text{H}_2\text{O}$  drinking 8 weeks later than the growing young group and continued 4%  $^2\text{H}_2\text{O}$  drinking for 8 weeks. Mice (n =5 per each time point) were sacrificed every two weeks over the labeling period by cervical dislocation. Serum was collected longitudinally to establish the time course of body  $^2\text{H}_2\text{O}$  enrichments.

### Isolation and hydrolysis of bone protein

The rear left femur was collected and was dissected free of soft tissue and distal ends. Bone marrow and trabecular bone were removed using a needle with a sharp cutting surface. After washing 3 times with water, the bone was splintered and powdered under liquid  $\text{N}_2$  in a Spex mill and defatted with chloroform:methanol (1:1, v:v). After drying, the powdered bone was subjected to acid hydrolysis in 6 N HCl (110°C, 24 hr). The hydrolyzed AA were dried under  $\text{N}_2$  gas and derivatized to *N*-acetyl, *N*-methyl ester for analysis by gas chromatography/mass spectrometry (GC/MS) (13).

### Measurement of $^2\text{H}_2\text{O}$ enrichment of body water

The  $^2\text{H}_2\text{O}$  enrichment of body water was measured by a GC/MS on a ThermoFinnigan Trace gas chromatography interfaced to a ThermoFinnigan PolarisQ ion trap mass spectrometer (ThermoFinnigan, Austin, Texas, USA). Briefly, the hydrogen atoms from the water were chemically transferred to acetylene by reaction with calcium carbide in a sealed vial. Acetylene gas was then derivatized by injection into another sealed vial containing 0.5 mL  $\text{Br}_2$  (0.1 mM) dissolved in  $\text{CCl}_4$  (22,26). The resulting tetrabromoethane was dissolved in  $\text{CCl}_4$  and was analyzed by GC/MS, using a DB-1701 column (15 m  $\times$  0.25 mm  $\times$  0.25  $\mu\text{m}$ ; J&W, Folsom, CA, USA) with methane chemical ionization. The temperature program was as follows: initial temperature: 60°C, held for 1 min; the first program rate: 50°C/min to 100°C, held for 3 min, the second program rate: 50°C/min to 220°C, held for 2.5 min. The ions at *m/z* 265 and 266 were analyzed using selected ion monitoring. The carrier gas was helium at a column flow of 0.8 mL/min at 80°C. The splitless injection mode was used.

### Measurement of isotope abundance of alanine

The mass isotopomer abundance of alanine was analyzed as the *N*-acetyl, *N*-methyl ester derivative (13). The alanine derivative was analyzed at *m/z* 146 (M0) and 147 (M1) by methane chemical ionization mode using a Rtx®-5MS (Restek, Bellefonte, PA, USA, cross-bond® 5% diphenyl-95% dimethyl polysiloxane) capillary column (30 m  $\times$  0.25 mm I.D.  $\times$  0.25  $\mu\text{m}$  film thickness) at the following temperature program: initial temperature: 80°C, held for 1 min; program rate: 20°C/min to 280°C, held for 3 min. The carrier gas was helium at

a column flow of 0.8 mL/min at 80°C. The splitless injection mode was used.

The fractional synthesis or replacement rate ( $k_s$ ) of bone protein was determined by application of the continuous labeling, precursor-product formula (7,13,27).

$$k_s(d^{-1}) = - \left[ \ln \left( 1 - \frac{AA(\text{protein})_t(I.E.)}{A^\infty(I.E.)} \right) \right] / \text{time}(d),$$

where  $AA(\text{protein})_t$  represents the enrichment as atom percent excess of the protein-bound AA measured at time  $t$  and  $A^\infty$  represents the enrichment of amino acid at the asymptotic or plateau value possible under the labeling conditions present. The average body  $^2\text{H}_2\text{O}$  enrichment was used to calculate theoretical asymptotic enrichment in alanine ( $A^\infty$ ) using standard mass isotope-pomer distribution analysis (MIDA) formulae established by Hellerstein et al. (11,27).

## RESULTS

### Body weight gain

The body weights of growing young mice gradually increased from  $16.69 \pm 0.71$  g to  $24.64 \pm 0.97$  g over the 12 week-labeling period (Fig. 1), which indicates that the administration of 4%  $^2\text{H}_2\text{O}$  in drinking water did not cause any physiological alterations. For the adult mice, body weights remained relatively stable from  $21.91 \pm 0.93$  g to  $22.83 \pm 0.54$  g for the subsequent 8 weeks of labeling.

### Body water enrichment attained

Body  $^2\text{H}_2\text{O}$  enrichments in mice were measured by GC/MS and were in the range of 1.88~2.41% over the labeling period in both groups, indicating that the body pool of  $^2\text{H}_2\text{O}$  precursor maintained stable (Fig. 2). The differences in  $^2\text{H}_2\text{O}$  enrichment between drinking water and body water resulted from dilution with metabolic-water produced endogenously by fuel oxidation as well as residual moisture in the dry chow.

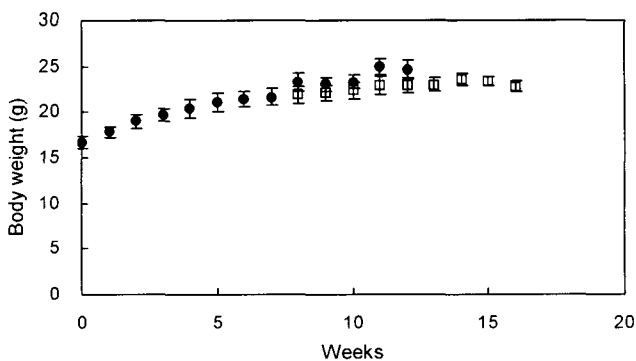


Fig. 1. Body weights of mice maintained on 4%  $^2\text{H}_2\text{O}$  in drinking water after baseline priming bolus. Values represent mean  $\pm$  SE ( $n=5$  per time point).  $\bullet$ : growing young mice group,  $\square$ : adult mice group.

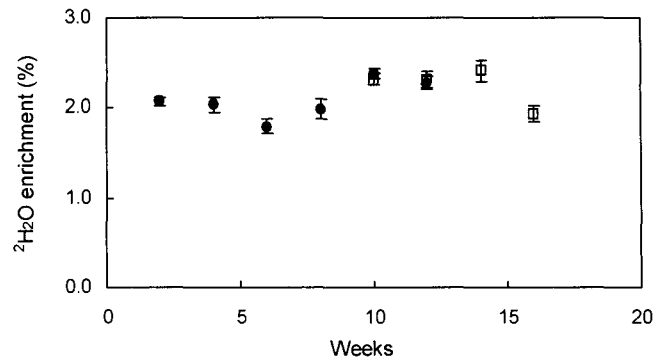


Fig. 2. Time course of body  $^2\text{H}_2\text{O}$  enrichments in mice maintained on 4%  $^2\text{H}_2\text{O}$  in drinking water after baseline priming bolus. Values represent mean  $\pm$  SE ( $n=5$  per time point).  $\bullet$ : growing young mice group,  $\square$ : adult mice group.

### Bone protein synthesis rate

Fig. 3 shows the  $^2\text{H}$  enrichments of alanine released on the hydrolysis of the femur bone. Fig. 4 depicts the linear regression line from the natural logarithms of the differences between the enrichment of alanine at plateau possible under the labeling conditions present and the mean enrichment of alanine released from bone. The fractional synthesis rates ( $k_s$ ), estimated from the slopes of the lines of Fig. 3 and 4 during labeling periods, were  $2.000 \pm 0.071\%/d$  for growing young mice and  $0.243 \pm 0.014\%/d$  for adult mice. After 8 weeks of labeling, 63.7% of bone protein was replaced with new bone protein in growing young mice. Aging decreased the newly synthesized fraction of bone protein to 24.6% in adult mice.

## DISCUSSION

In the present study, we focused on the changes in bone protein to investigate the effects of aging on bone turnover. Previous studies (1-6) have demonstrated bone loss with age mainly by monitoring changes in BMD

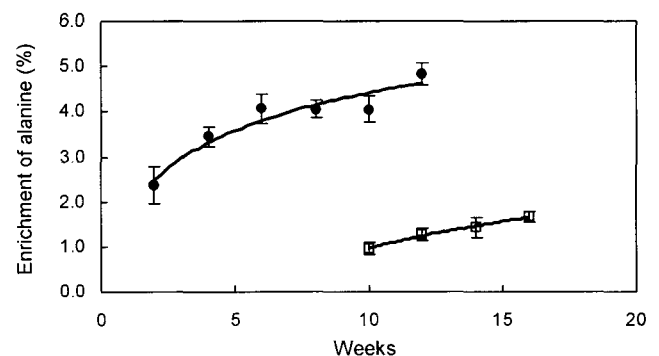
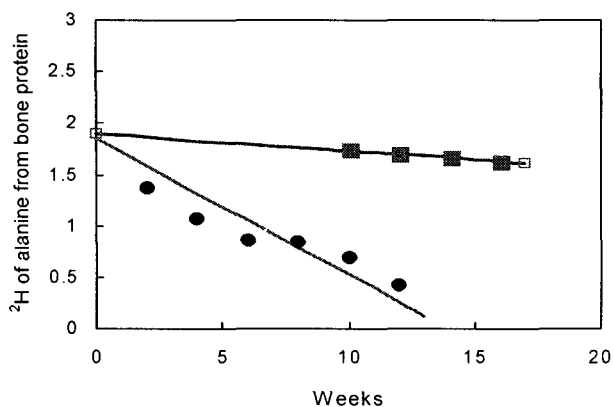


Fig. 3. Label incorporation curves into alanine isolated from bone protein in mice. Values represent mean  $\pm$  SE ( $n=5$  per time point).  $\bullet$ : growing young mice group,  $\square$ : adult mice group.



**Fig. 4.** Natural logarithms of the differences between the enrichment of alanine at plateau possible under the labeling conditions present and the mean enrichment of alanine released from bone. The fractional synthesis rate is the negative of the slope of the linear regression line fitted to the data. Values represent mean  $\pm$  SE (n=5 per time point).  $\bullet$ : growing young mice group,  $\blacksquare$ : adult mice group.

and circulating levels of biochemical markers. However, these indicators have important limitations in reflecting the life-long bone remodeling process. BMD represents current skeletal status and requires sequential measurements 12 to 24 months apart to identify significant bone loss in humans (28-30). Biochemical markers have clinical advantages in monitoring bone metabolism and treatment efficacy (31-35). However, thus far biochemical markers have not been of much clinical value due to low sensitivity and specificity to bone (32,34). Moreover, few biochemical markers are available for animal studies and thereby changes in animal bone have been primarily measured by BMD, bone volume, and histomorphometry (4,6,36).

Some researchers have used an isotope-labeling approach to measure kinetic changes of physiologically important proteins with age. Balagopal et al. (37) examined the effects of aging on *in vivo* synthesis of skeletal muscle myosin heavy chain and sarcoplasmic protein in humans using a primed continuous infusion of  $^{13}\text{C}$ -leucine. A decline in the synthesis rate of mixed muscle protein and whole body protein was observed from young to middle age with no further change with advancing age. An age-related decline of myosin heavy chain synthesis rate was also observed with progressive decline occurring from young, through middle, to old age, which was also found in mitochondrial protein kinetics in human-skeletal muscle (38). However, sarcoplasmic protein synthesis did not decline with age. These observations suggest that each protein has a specific kinetic pattern with advancing age.

Numerous studies have measured the synthesis rate of collagen from lung (39-42), heart (42,43), skeletal muscle (44), skin (44,45), and bone (46-48) in rodents (42,

43,45,48) and humans (40,46,47) with isotope labeled tracers. However, the kinetics of bone protein still remains unclear owing to some practical constraints for reliable kinetic measurement on bone protein, which has a very slow turnover rate (10). Recently, a new method using  $^2\text{H}_2\text{O}$  as a tracer has been developed to measure rates of protein synthesis and successfully applied to bone protein, skeletal muscle, and cardiac muscle in rats (11), and plasma albumin in humans (25). The unique features of  $^2\text{H}_2\text{O}$  labeling, i.e. high reproducibility, safety, and low cost, permit full exploitation of the precursor-product relationship, because constant labeling is feasible for  $>4\sim 5$  half-lives of almost any protein of interest. Thus, variable dilution within tRNA-AA pools can be overcome and thereby the errors arising from extrapolation with an alternative precursor pool may decline.

Babraj et al. (46) measured *in vivo* collagen synthesis rate in human bone with a flooding dose method using  $^{13}\text{C}$ -labeled proline. Although they observed differences in the isotope incorporation rate in bone collagen by sequential extracts, they failed to find an aging effect on bone collagen and concluded that the difference in bone between young and elderly people represents a chemical or physical rather than biological phenomenon.

However, our results clearly demonstrate a dynamic process of bone remodeling. Old bone matrix was continually replaced with newly synthesized protein. Bone matrix protein was replaced exponentially in growing young mice and fractional replacement occurred in a linear pattern in adult mice. To our knowledge, the current results provide clear evidence supporting age-related changes in bone matrix.

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