THESES

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ANATOMICAL RELATIONSHIP BETWEEN THE BIOLOGICAL CLOCK AND THE NEUROENDOCRINE HYPOTHALAMUS

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INTRODUCTION

The biological clock located in the hypothalamic suprachiasmatic nucleus (SCN) in conjunction with the intergeniculate leaflet of the lateral geniculate body (IGL) provide circadian and visual signals for the temporal organization of endocrine and autonomic mechanisms supporting higher brain functions. One component of clock-driven endocrine mechanisms is the circadian gonadotropin and lactotrop hormone secretions from the anterior pituitary that is pivotal for the maintenance of normal reproduction in all species thus far studied.

The pituitary secretion of gonadotrop hormones, luteinizing hormone releasing hormone (LH) and follice stimulating hormone (FSH), and the lactotrop hormone, prolactin are under the regulation of the hypothalamus. In the hypothalamus, humoral signals arising from the gonads (testosterone, estradiol and progesterone) and neuronal signals arising from the circadian clock are integrated to regulate the final output neurons of the hypothalamus underlying pituitary gonadotropin and prolactin secretions, the gonadortopin releasing hormone (GnRH)- and dopamineproducing neural circuits. The circadian activity of the rat hypothalamopituitary axis is gender specific, only females having the ability to manifest surges of gonadotropin and prolactin releases in response to elevating estradiol and progesterone levels and adequate circadian signals. While a large body of morphological and physiological evidence has accumulated to explain these gender specific endocrine mechanisms, the signaling pathway from the circadian clock to neuroendocrine cells is ill defined. It is also not known whether the gender specific nature of pituitary hormone secretions may be supported by sex differences in the circadian clock and whether the integration of hormonal signals into the hypothalamo-pituitary axis may occur outside of the hypothalamus in part of the extended biological clock. Experiments in this thesis were designed to fill these hiata and, thus, gain further insights into the central regulation of anterior pituitary hormone secretions.

OBJECTIVES

The following specific objectives were to be tested:

- 1) Does the circadian clock, SCN, provides direct signals for neuroendocrine cells, including those producing GnRH and dopamine?
- 2) Can the IGL in the lateral geniculate body provide signals to neuroendocrine cells independent of the SCN?
- 3) Can gonadal signals be integrated into the hypothalamo-pituitary axis outside of the hypothalamus, in the IGL?
- 4) Is the development of the biological clock under the control of gonadal steroids?
- 5) Is the SCN input to GnRH cells gender specific?

MATERIALS AND METHODS

OBJECTIVE 1) Does the circadian clock, SCN, provides direct signals for neuroendocrine cells, including those producing GnRH and dopamine? A combination of anterograde, retrograde tracing and light and electron microscopic multiple label immunocytochemistry was carried out.

OBJECTIVE 2) Can the IGL in the lateral geniculate body provide signals to neuroendocrine cells independent of the SCN? In addition t anterograde, retrograde tracing and light and electron microscopic multiple label immunocytochemistry, this study also employed acute axonal degeneration to label efferents of the retina.

OBJECTIVE 3) Can gonadal signals be integrated into the hypothalamo-pituitary axis outside of the hypothalamus, in the IGL? To test this hypothesis, in situ hybridization hystochemistry was carried out for etsrogen receptor beta $(ER\beta)$ and progesterone receptor (PR).

OBJECTIVE 4) Is the development of the biological clock under the control of gonadal steroids? To test this hypothesis, in this experiment, immunocytochemistry for aromatase, the key enzyme in sexual differentiation, was carried out on different areas of the developing rat. To confirm the existence of aromatase in these areas, a biochemical assay for aromatase activity was also done.

OBJECTIVE 5) Is the SCN input to GnRH cells gender specific? To addres this issue, quantitative analysis of the vasoactive intestinal polipeptide (VIP)-containing input of GnRH neurons was assessed in male and female rats. This input has previously been shown to originate in the SCN.

RESULTS

1. The circadian clock, SCN, provides direct signals for neuroendocrine cells, including those producing GNRH and dopamine (Objective 1)

This study using anterograde and retrograde tracing techniques in combination with immunocytochemistry, provided evidence that: 1) the circadian pacemaker suprachiasmatic nucleus send direct efferents onto neuroendocrine cells of different hypothalamic nuclei, 2) a subpopulation of SCN target neuroendocrine cells contains dopamine and GnRH, and 3) suprachiasmatic efferents do not reach fenestrated capillaries. These observations suggest that the circadian pacemaker has no direct effect on the regulation of anterior pituitary functions, but, indicate a pathway via circadian signals are integrated into the hypothalamo-pituitary-gonadal axis. It needs to be explored whether the integration of hormonal and circadian signals, a mandatory process in the regulation of anterior pituitary, which was indicated to occur in populations of hypothalamic neurons (158) may be the same cells that were found to be neuroendocrine in the present study.

2. The IGL in the lateral geniculate body can provide signals to neuroendocrine cells independent of the SCN (Objective 2)

These experiments revealed that a population of LGN-targeted neurons in the hypothalamus are neuroendocrine cells, i.e., they have direct access to the portal vasculature of the median eminence or the organum vasculosum laminae terminalis. These cells, including those producing dopamine, were most frequently found in periventricular areas. The same hypothalamic cell populations were found to receive SCN input in Objective 1, raising the possibility of convergent SCN and IGL inputs on the same hypothalamic perikarya. In light of the fact that the parent cells of the IGL efferents were found to receive direct visual input, it is reasonable to suggest that the integration of visual and circadian signals into the hypothalamopituitary axis may occur on the final output neurons of the hypothalamus adding another level of redundancy to the pathways via which the environment may regulate hormone secretions.

3. Gonadal signals can be integrated into the hypothalamopituitary axis outside of the hypothalamus, in the IGL (Objective 3)

This study provided evidence for the expression of ER- β and PR mRNA in the ventral LGN and IGL using in situ hybridization histochemistry. The riboprobes used in the present study have been well characterized and shown to be specific for the transcripts these gonadal steroid receptor genes.

The amount of ER- β and PR transcripts present in vLGN and IGL cells seemed to be lower compared to other limbic and hypothalamic regions where the abundance of silver grains over cells was observed to be much higher. A comparative analysis of mRNA labeling intensity within the rat brain has been reported for ER- β . In that study, while the presence of ER- β mRNA has been mentioned in the vLGN, the IGL was not analyzed separately and no quantitation was given in regard to the size of the neuronal population within this thalamic region expressing ER- β mRNA.

4. The development of the biological clock is under the control of gonadal steroids (Objective 4)

This study clearly demonstrated that both components of the extended biological clock, the SCN and IGL, are sites of local estrogen production during the critical developmental period. This observation raise the possibility that sexual dimorphisms in the extended biological clock may exist and support the gender specific regulation of anterior pituitary hormones. Part of this hypothesis was tested in Objective 5, when the SCN-derived VIP innervation of GnRH neurons was assessed in male and female rats.

5. The SCN input to GnRH cells is gender specific (Objective 5)

This study provided light microscopic evidence for a sexual difference in the percentage of GnRH-synthesizing cells that receive VIP input. VIP-immunoreactive axons regularly showed interaction with GnRH neurons in both males and females. Yet, we found significantly more VIP-GnRH interaction in females (34.5 \pm 4.1%) than in males (17.3 \pm 2.1%; p<0.001). Also, the frequency of VIP contacts on individual GnRH neurons was significantly higher in females (2.6 \pm 0.23) as compared with males (1.3 \pm 0.15; p<0.001).

DISCUSSION

The circadian/visual system is a phylogenetically preserved system that allows for the temporal organization of the environment and the organism. In this thesis we carried our experiments that provide new insights into a particular output of the extended biological clock, i.e., the rhythmic regulation of the hypothalamo-pituitary axis. We demonstrated alternate routs of signaling from the circadian clock, SCN, and eve to the We also revealed that the mandatory neuroendocrine hypothalamus. integration of hormone signals into the hypothalamo-pituitary axis could occur outside of the hypothalamus and limbic system, in the intergeniculate leaflet of the lateral geniculate body. These signaling pathways together with the demonstration of gender specific SCN input to neuroendocrine cells and local estrogen formation in the extended biological clock during the critical developmental period lead us to conclude that the female-specific emergence of circadian gonadotropin secretion is supported by sexual dimorphisms in the biological clock. Further studies are needed to test this proposition and the functional significance of our results.

Significance to human health

The appropriate entrainment of brain functions to the environment is normally achieved by the circadian clock in all species thus far studied, including humans. Altered activity of the biological clock in the absence of gonadal hormones may be a key trigger in initiating and maintaining discomforting side effects of gonadal failure including post partum depression, premenstrual and perimenopausal mood swings and hot flushes. In light of the fact that interactions between the biological clock and the neuroendocrine hypothalamus seem to share similarities in rats and higher primates, the results gained in the current thesis could establish a fundamental hormone-dependent mechanism by which the biological clock functions. This, in turn, may offer new avenues to enhance the clinical management of the aforementioned symptoms.

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