

## <sup>1</sup>H magnetic resonance spectroscopy of nanomelic chicken cartilage: effect of aggrecan depletion on cartilage T<sub>2</sub>

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### Summary

**Objective:** To determine the effect of proteoglycan depletion on cartilage proton magnetic resonance (MR) spectroscopy T<sub>2</sub> using nanomelic chicken cartilage, a genetic mutant that completely lacks aggrecan.

**Design:** Proton MR spectroscopic T<sub>2</sub> measurements of normal embryonic and nanomelic femoral epiphyseal cartilage were obtained using a 96-echo pulse sequence with inter-echo delay times increased logarithmically over the TE period of 60 μs to 1.7 s. The relative intensity and distribution of cartilage T<sub>2</sub> components were determined by fitting signal decay curves to a multi-exponential function. The number of T<sub>2</sub> components in the signal decay curves was determined by the degree of freedom limited r<sup>2</sup> of the fit.

**Results:** For normal fetal chicken cartilage, 97.6±0.2% (mean±95% confidence interval) of the total signal comprises a long T<sub>2</sub> component (179.1±1.3 ms) with a relatively small short T<sub>2</sub> component (0.5±0.4 ms). The T<sub>2</sub> distribution for nanomelic cartilage is more heterogeneous with four components identified: two short T<sub>2</sub> components (0.5±0.02 and 7.3±0.6 ms), a large intermediate component (56.4±5.6 ms), and a broadly distributed long component (137.5±16.6 ms). In nanomelic cartilage there is greater heterogeneity of cartilage T<sub>2</sub> indicating greater variation in water proton mobility and exchange of water with the extracellular matrix.

**Conclusion:** Absence of aggrecan in the extracellular cartilage matrix produces greater heterogeneity in cartilage T<sub>2</sub>, but will not increase T<sub>2</sub> as has been previously reported with degenerative change of the collagen matrix.

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**Key words:** Cartilage, Magnetic resonance imaging, MRI-T<sub>2</sub>, Proteoglycans.

### Introduction

Although the primary clinical application of magnetic resonance imaging (MRI) in evaluation of articular cartilage has been identification of pathologic surface lesions, several research techniques have been proposed that are sensitive to structural and biochemical changes in the extracellular cartilage matrix occurring in early, pre-clinical stages of cartilage damage<sup>1–3</sup>. These techniques have the potential to characterize cartilage damage that precedes loss of articular cartilage identified with anatomic imaging. Such information would be useful in evaluation of new chondroprotective agents. Additionally these techniques provide novel information that may lead to a better understanding of cartilage physiology.

The unique sensitivity of the MRI signal to the macromolecular environment of tissue water makes it a valuable tool to study the interaction of cartilage water with the solid extracellular matrix. This interaction is integral to the

functional properties of cartilage. Articular cartilage is 70–75% water with the remainder of the solid extracellular matrix primarily consisting of Type II collagen and proteoglycans. The major proteoglycan, aggrecan, binds to hyaluronic acid to form large proteoglycan aggregates, which through binding of water are essential in regulating the mechanical properties of articular cartilage. Early structural damage to cartilage causes fragmentation and ultimately loss of the proteoglycan aggregates. The sensitivity of MRI to water/proteoglycan interactions may provide a valuable non-invasive marker to study early structural changes in cartilage and lead to better understanding of osteoarthritis.

Several MRI techniques have been developed that appear sensitive and specific to changes in proteoglycan concentration. These include delayed Gd-DTPA<sup>(-2)</sup> enhanced MRI of cartilage (dGEMRIC)<sup>4</sup>, T1ρ-weighted MRI<sup>3</sup>, and sodium MRI<sup>5</sup>. The MRI transverse relaxation time (T<sub>2</sub>) is a physical time constant reflecting loss of coherent transverse magnetization, which is sensitive to the macromolecular environment of tissue water. Although cartilage T<sub>2</sub> is sensitive to structural cartilage damage<sup>1</sup>, an elevated T<sub>2</sub> is primarily correlated with decreased collagen concentration and fiber orientation<sup>6–9</sup>, and increased cartilage water content<sup>10,11</sup>. In studies using enzymatic degradation of cartilage proteoglycans there was little change in T<sub>2</sub> with depletion of proteoglycan<sup>5,12,13</sup>. This is somewhat

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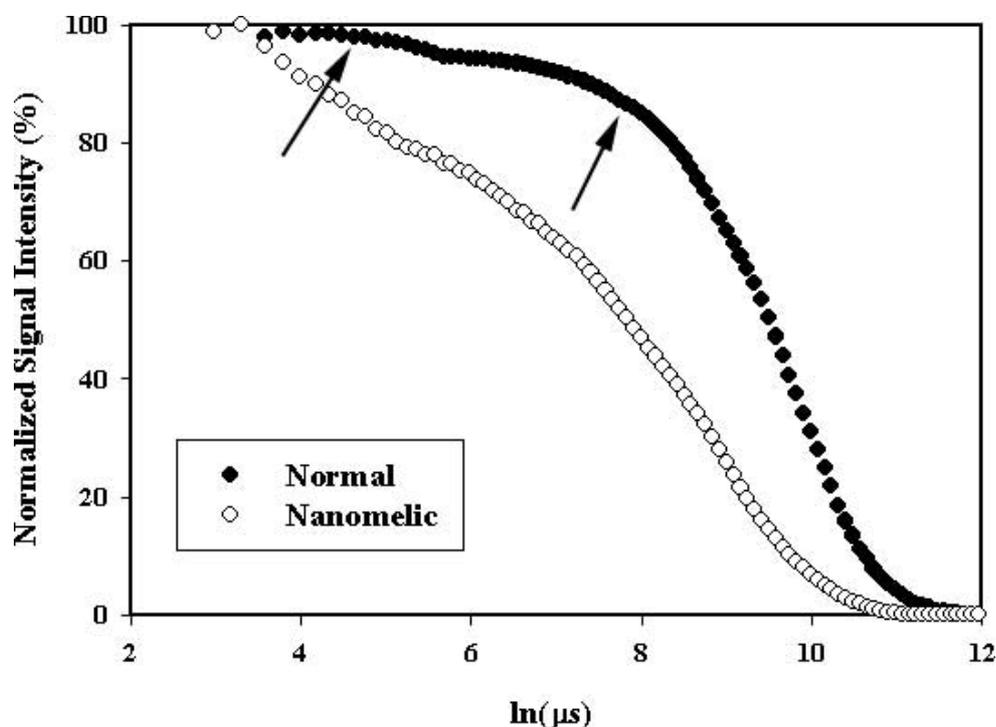


Fig. 1. Signal decay curves for normal and nanomelic embryonic chicken cartilage. Normalized signal intensity is plotted as a function of the natural logarithm of the echo time ( $\mu\text{s}$ ). For normal cartilage two distinct asymptotic points are identified indicative of two differing  $T_2$  populations (arrows). No resolvable asymptotic point is demonstrated in the signal decay curve of nanomelic cartilage indicative of a more heterogeneous, multi-exponential  $T_2$  decay process.

unexpected given the fundamental role of proteoglycans in regulating tissue water mobility and content. Enzyme degradation studies are limited in that removal of proteoglycan is typically incomplete and non-specific, resulting in degradation of other protein components of the cartilage matrix such as collagen, and smaller non-aggregating proteoglycans. The purpose of this study was to evaluate the effect of proteoglycan depletion on cartilage  $T_2$  using nanomelic chicken cartilage, a genetic mutant that does not contain aggrecan. Because, the remaining elements of the extracellular matrix are intact<sup>14</sup>, this unique tissue provides a natural system to specifically evaluate the effect of aggrecan on cartilage  $T_2$ .

## Methods

Nanomelic chicken embryos were obtained from fertilized eggs supplied through the University of Connecticut (Storrs, CT), following an 18-day incubation period. Under a dissecting microscope, distal femoral epiphyseal cartilage from each leg was harvested from normal ( $n=3$ ) and nanomelic ( $n=3$ ) chickens, and placed in phosphate balanced saline at room temperature.

Each of the six nanomelic and six normal cartilage specimens were independently measured with magnetic resonance (MR) spectroscopy measurements approximately 1 h after harvesting cartilage. Cartilage samples were rinsed with saline and blotted dry to remove adherent fluid. Samples were placed in a 5-mm $\times$ 15-mm NMR tube, sealed, and positioned within a solenoid coil in an Oxford 1.9 T magnet interfaced to a Tecmag Taurus console (Tecmag, Houston, Texas). Signal decay curves were

generated using a 96-echo pulse sequence that sampled a single point at the center of the spin-echo. The inter-echo delay was incremented logarithmically from 60  $\mu\text{s}$  to 79 ms with a TR of 2 s and 512 signal averages. With these inter-echo delays, the 96 data points were acquired over a TE interval of 60  $\mu\text{s}$  to 1.7 s. The  $T_2$  measurements were performed at 25°C. The logarithmic echo train was chosen to minimize radiofrequency heating of the tissue while sampling a broad range of the  $T_2$  decay curve. A separate experiment was performed to insure that the sample temperature did not increase by more than 0.5°C during the high radio frequency duty cycle of the experiment as heating could alter cartilage  $T_2$  through desiccation and protein denaturation.

Using commercially available software (TableCurve, Jandel Scientific Software, San Rafael, CA), signal decay curves were fit to multi-exponential equations using a non-linear least squares fit where the number of exponential components ranged from one to five. The number of  $T_2$  components in the signal decay curves was determined by the degree of freedom limited  $r^2$  of the fit.

Following the  $T_2$  measurement, water content was determined by desiccation to constant weight<sup>15</sup>.

## Results

As demonstrated in signal decay curves illustrated in Fig. 1, there are distinct differences in  $T_2$  decay of nanomelic and normal cartilage. For all samples nanomelic cartilage demonstrated more rapid  $T_2$  decay than normal cartilage. When signal intensity is plotted as a function of the natural logarithm of TE, two asymptotic points are

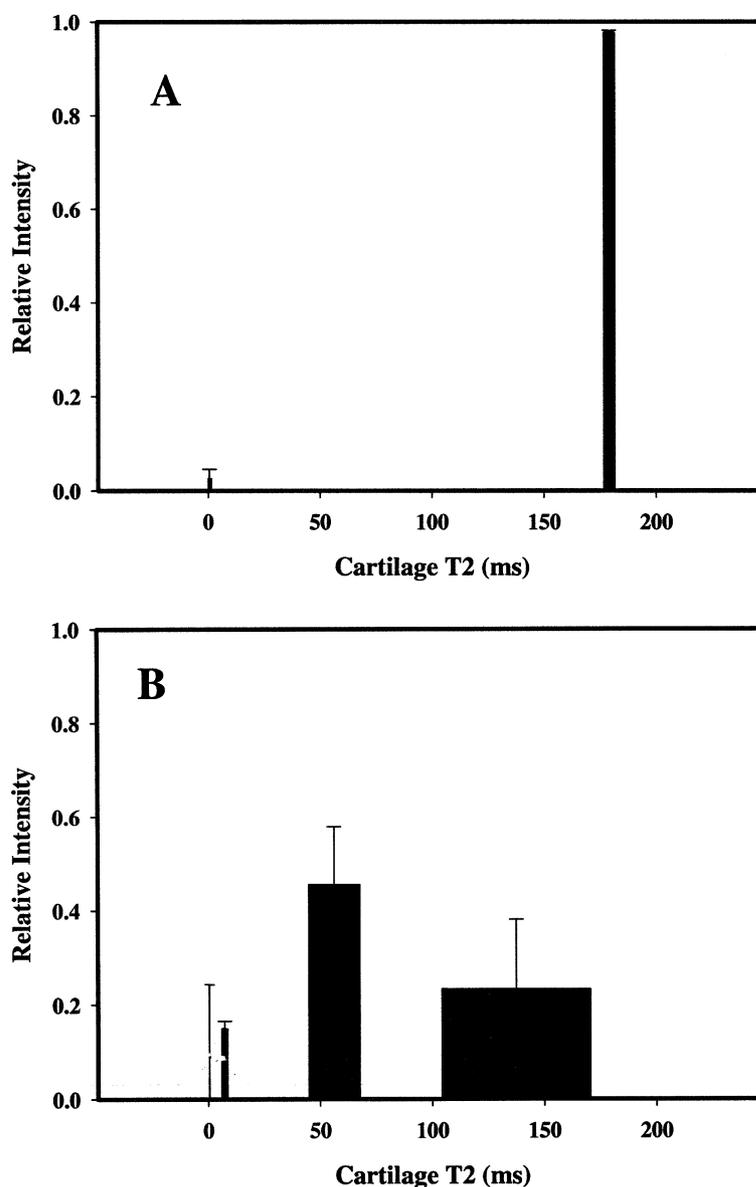


Fig. 2. Relative intensity and distribution of cartilage T<sub>2</sub> components for normal (A) and nanomelic cartilage (B). Vertical error bars represent the superior limit of the 95% confidence interval (CI) for determination of relative signal intensity for the T<sub>2</sub> component. The width of the bars corresponds to the 95% CI for the distribution of T<sub>2</sub> value. Two distinct T<sub>2</sub> components are identified in normal cartilage. The four T<sub>2</sub> components observed in nanomelic cartilage demonstrate a substantially broader distribution of T<sub>2</sub> decay.

identified in the T<sub>2</sub> decay curves of normal cartilage, indicative of two distinguishable T<sub>2</sub> components with differing T<sub>2</sub> times. No resolvable asymptotic point is observed in the nanomelic chicken cartilage indicating a broad distribution of T<sub>2</sub> components. The relative intensity and distribution of cartilage T<sub>2</sub> components for normal and nanomelic cartilage are presented in Fig. 2. For normal fetal chicken cartilage,  $97.6 \pm 0.2\%$  (mean and 95% confidence interval) of the total signal comprises a long T<sub>2</sub> component ( $179.1 \pm 1.3$  ms), with a relatively small short T<sub>2</sub> component ( $0.5 \pm 0.4$  ms). The T<sub>2</sub> distribution for nanomelic cartilage is more heterogeneous with four components identified: two short T<sub>2</sub> components ( $0.5 \pm 0.02$  and  $7.3 \pm 0.6$  ms), a large intermediate component ( $56.4 \pm 5.6$  ms), and a smaller broadly distributed long T<sub>2</sub> component ( $137.5 \pm 16.6$  ms).

Water content was similar for normal and nanomelic cartilage (86.5 vs 85.0%, respectively).

## Discussion

### AGGRECAN AND NANOMELIC CARTILAGE

In articular cartilage the main proteoglycan is aggrecan, with smaller concentrations of leucine-rich proteoglycans associated with the collagen fibril matrix<sup>16</sup>. Aggrecan is a large proteoglycan containing a core protein with glycosylated side chains, primarily keratan sulfate, and chondroitin sulfate. The core protein contains three globular domains (G<sub>1</sub>, G<sub>2</sub>, and G<sub>3</sub>), and two extended domains where side chains are attached. Once secreted from the

chondrocyte, the G<sub>1</sub> domain of aggrecan binds to hyaluronan to form large proteoglycan aggregates. Within vertebrate species, the compositions of globular domains of aggrecan are highly conserved, with greater variation observed in the extended regions of the protein. A single gene encodes the core protein of aggrecan. In nanomelic cartilage a single point mutation of this gene leads to a shortened core protein that is neither secreted from the chondrocyte nor processed into the aggrecan proteoglycan<sup>17</sup>. As a result no aggrecan is present in the cartilage of the nanomelic chicken embryo.

Nanomelia is a lethal mutation characterized by shortened and malformed limbs<sup>18</sup>. Histologically nanomelic chondrocytes are normal, however, due to a reduction in the extracellular space, the relative chondrocyte volume is greater than that of normal cartilage. There is also a proportionate increase in density of the Type II collagen fibrils<sup>19</sup>. Although nanomelic cartilage lacks aggrecan, it does contain the other small non-aggregating proteoglycans<sup>20</sup>.

#### EFFECT OF AGGREGAN DEPLETION ON CARTILAGE T<sub>2</sub>

Several studies using either enzymatically degraded or osteoarthritic cartilage specimens found that cartilage T<sub>2</sub> is insensitive to change in proteoglycan concentration. In a study comparing the effect of proteoglycan depletion on sodium and proton (<sup>1</sup>H) MRI, Borthakur and colleagues found cartilage <sup>1</sup>H T<sub>2</sub> did not correlate with the degree of proteoglycan loss<sup>5</sup>. A similar lack of correlation between T<sub>2</sub> and proteoglycan content was observed in proteoglycan depleted cartilage treated with trypsin<sup>21</sup>. Regatte *et al.* found no significant change in cartilage T<sub>2</sub> after enzymatic degradation of cartilage proteoglycans in the uncompressed state, however, if proteoglycan depleted cartilage was placed under compression there was a statistically significant decrease in T<sub>2</sub> compared to normal cartilage<sup>12</sup>. This is likely due to greater extrusion of water from the more compressible aggrecan depleted cartilage. In a study evaluating the effect of proteoglycan depletion on cartilage <sup>1</sup>H relaxation properties, Toffanin and coworkers found extraction of proteoglycan and calcium ions from cartilage plugs had little effect on cartilage T<sub>2</sub><sup>13</sup>.

Additional studies have shown perturbation of cartilage collagen rather than proteoglycan is the key determinant of cartilage T<sub>2</sub>. In a study comparing loaded and unloaded porcine cartilage from the humerus, Fragonas and coworkers found that cartilage T<sub>2</sub> was strongly influenced by collagen content, but not by proteoglycans<sup>6</sup>. In evaluation of human cartilage specimens obtained from osteoarthritic knees, Mylmarik *et al.* found no significant difference in T<sub>2</sub> between normal regions and sites with reduced proteoglycans<sup>7</sup>. However, elevated T<sub>2</sub> was longer in sites of surface fibrillation suggesting damage of the collagen network was the cause of increased cartilage T<sub>2</sub>. In an MRI study evaluating the effect of skeletal maturation on T<sub>2</sub> mapping of rat patellar cartilage, Watrin and coworkers found collagen content was a greater determinant of MRI signal intensity, than was proteoglycan concentration<sup>8</sup>. Nieminen and coworkers found no significant change in cartilage T<sub>2</sub> following treatment with chondroitinase ABC to remove proteoglycans, however, there was a significant increase in T<sub>2</sub> following treatment with collagenase<sup>9</sup>. Several investigators have demonstrated a strong inverse correlation between collagen fiber anisotropy measured with polarized light microscopy and cartilage T<sub>2</sub><sup>22–24</sup>. These reports have led to the conclusion that cartilage T<sub>2</sub> is

primarily a measure of collagen network integrity, and is relatively insensitive to loss of proteoglycan.

A limitation of studies using enzymatic depletion of proteoglycans is incomplete and non-specific removal of aggrecan from the extracellular matrix. The intact collagen matrix provides steric hindrance to large enzymatic molecules and prevents their diffusion into deeper layers of cartilage. Also, proteases such as trypsin are non-specific, and will also degrade the collagen matrix. Similar limitations apply to the use of osteoarthritic samples, which have depletion, and fragmentation of aggrecan as well as alteration in structure and composition of the collagen network. The non-specific manipulation of the extracellular matrix makes it difficult to identify a specific effect of aggrecan on cartilage T<sub>2</sub>. This limitation is overcome with the use of nanomelic cartilage, in which there is complete and specific absence of aggrecan from the extracellular matrix.

Because nanomelia is a lethal mutation with death occurring near 18 days gestation, embryonic rather than mature cartilage must be studied. This has important ramifications when comparing results to other studies using cartilage obtained from skeletally mature animals. First, the water content of both normal (86.5%) and nanomelic (85.0%) embryonic chick cartilage is greater than the 70–75% typically observed in mature cartilage<sup>16</sup>. Because cartilage T<sub>2</sub> increases with increasing water content<sup>11</sup>, it is anticipated that longer T<sub>2</sub> values will be observed in embryonic cartilage. Also, studies evaluating the effect of developmental age on cartilage T<sub>2</sub> have shown age related changes in both proteoglycan content, and organization of the collagen network that produce longer bulk cartilage T<sub>2</sub> in cartilage of skeletally immature animals<sup>8,25</sup>. Our value of 179.1±1.3 ms for the bulk T<sub>2</sub> of normal embryonic chick cartilage is consistent with results of these prior studies. Second, the embryonic specimens contain a mixture of epiphyseal and articular cartilage. Although there are differences in composition of the extracellular matrix of these tissues, Dardzinski *et al.* have demonstrated that T<sub>2</sub> mapping of epiphyseal cartilage is very similar to that previously observed in adult articular cartilage<sup>26</sup>. Intrinsic differences in the extracellular matrix of immature epiphyseal and articular cartilage preclude direct extrapolation of these results to mature articular cartilage.

In comparing the T<sub>2</sub> of aggrecan deficient nanomelic cartilage with normal embryonic cartilage two observations are made. First, T<sub>2</sub> values for nanomelic cartilage are statistically significantly less than that observed for major T<sub>2</sub> component of normal embryonic cartilage. Second, the variation in T<sub>2</sub> values observed in nanomelic cartilage is substantially greater than that observed in normal embryonic cartilage. These observations provide insight on the role of aggrecan in organizing cartilage water, and the effect of aggrecan on cartilage T<sub>2</sub>.

For nanomelic cartilage the long T<sub>2</sub> components had T<sub>2</sub> values of 56.4±5.6 and 137.5±16.6 ms; less than the value of 179.1±1.3 ms observed in age matched normal cartilage. Two factors may contribute to this observation. First, the water content of nanomelic cartilage was 1.5% less than that observed in normal cartilage. In prior studies on mature cartilage, Lusse *et al.* observed a linear dependence of T<sub>2</sub> on articular cartilage with T<sub>2</sub> increasing approximately 2 ms for a 1% increase in water content<sup>11</sup>. Thus it seems unlikely that water content alone would account for shorter T<sub>2</sub> of nanomelic cartilage. More likely the shorter T<sub>2</sub> value reflects the greater concentration of Type II collagen in the extracellular matrix of nanomelic cartilage<sup>19</sup>. Prior studies have demonstrated an inverse

correlation of  $T_2$  and collagen concentration in tissue<sup>9,27</sup>, and collagen solutions<sup>28</sup>. The shorter  $T_2$  of the collagen rich nanomelic cartilage is consistent with previous magnetization transfer<sup>29</sup> and  $T_2$  dispersion studies<sup>30</sup> of collagen solutions that demonstrate significant chemical exchange between the hydration layer and bulk water, providing an efficient mechanism for  $T_2$  relaxation. Additionally, since a balance of aggrecan and non-aggregating proteoglycans influences collagen fibrillogenesis<sup>31</sup>, the lack of aggrecan production in nanomelia will likely alter structural organization of the Type II collagen matrix differently from that observed in normal cartilage.

Caution must be used in extrapolating this result to degenerative changes in human cartilage. The high density of collagen fibrils in nanomelic cartilage is unlikely to be representative of collagen content in osteoarthritic cartilage, where in later stages of damage there is a loss of collagen as well as proteoglycan. Furthermore the multi-exponential nature of the  $T_2$  decay curve for nanomelic cartilage decreases accuracy in  $T_2$  determination. The ability to resolve different  $T_2$  populations using discrete exponential analysis is dependent on SNR and number of acquired data points<sup>32</sup>. Prior studies on analysis of relaxation properties in trabecular bone, have demonstrated limitations in interpretation of multicomponent relaxation data analyzed with discrete exponential analysis<sup>33</sup>. Given these limitations, the  $T_2$  values obtained from nanomelic cartilage are susceptible to error and should not be interpreted in terms of discrete components of water protons, but rather as indicative of greater variability in  $T_2$  decay. These qualitative differences observed in nanomelic cartilage can provide information on the role of aggrecan in organization of cartilage water and influence on cartilage  $T_2$ .

The most striking difference between normal and nanomelic cartilage is the distribution of  $T_2$  values. In normal cartilage, two distinct components are resolved in the  $T_2$  decay curves. For the longer  $T_2$  component there is little variation in  $T_2$  values as indicated by the narrow distribution of  $T_2$  values. Much greater heterogeneity in  $T_2$  is observed in nanomelic cartilage where four components are resolved in the  $T_2$  decay curves. Although four  $T_2$  components are resolved, given the shape of the signal decay curves it is likely that far more components are present that are below the limits of resolution for the experimental technique. Our results suggest the major effect following loss of aggrecan from the cartilage matrix is not a change in magnitude of  $T_2$  but rather increased variation in cartilage  $T_2$ . Interestingly, in an early report by Gahunia *et al.* correlating  $T_2$  with histologic damage in an animal model, it was observed that there was a trend toward increased variability in  $T_2$  with increasing severity of OA<sup>34</sup>. Our results suggest this increased variation in  $T_2$  is a result of aggrecan depletion.

Unlike most tissues that demonstrate multi-exponential  $T_2$  behavior, normal cartilage displays a relatively narrow distribution of  $T_2$  values. In prior studies of excised bovine cartilage plugs Henkleman and coworkers demonstrated a bimodal histogram of cartilage  $T_2$  centered near 20 and 55 ms<sup>32</sup>. Lusse *et al.* identified three  $T_2$  components in cartilage<sup>10</sup>. A short  $T_2$  component of approximately 1 ms was assigned to water inside collagen fibrils, and a minor long  $T_2$  component ranging from 150 to 300 ms attributed to free water adsorbed on the cartilage surface. It is unlikely that these components contribute significantly to the cartilage MRI signal observed in clinical imaging or  $T_2$  mapping where TE values are generally greater than 10 ms. The major  $T_2$  component had values in the range of 5–150 ms

and was attributed to water within the proteoglycan matrix<sup>10</sup>. As these are bulk  $T_2$  measurements they do not account for the additional spatial variation in cartilage  $T_2$  that occurs as a function of depth from the articular surface<sup>35</sup>. In clinical  $T_2$  mapping studies, which do not detect signal from components with  $T_2$  values <1 ms,  $T_2$  decay curves within a small region of cartilage fit well to a single exponential equation<sup>35</sup>. When accounting for this inherent spatial variation, the uniformity of cartilage  $T_2$  suggests normal cartilage water is highly organized, with little variation in water proton mobility and exchange with the macromolecular environment. As indicated by the greater heterogeneity of cartilage  $T_2$  in nanomelic cartilage, this organization is lost when aggrecan is no longer present. This supports the theory that hydrophilic aggrecan serves to organize tissue water<sup>36</sup>.

#### CLINICAL IMPLICATIONS

Prior studies have indicated that cartilage  $T_2$  is sensitive to early forms of cartilage degeneration<sup>1</sup>. However, it is likely that degenerative changes of specific components of the extracellular matrix affect cartilage  $T_2$  differently. As indicated by prior *ex vivo* studies, degradation of the collagen matrix, or an increase in cartilage water content will elevate  $T_2$ <sup>7,9,11</sup>. Loss of anisotropy in the cartilage matrix, which has been shown to occur very early in the degenerative process<sup>37,38</sup> appears to be highly correlated with elevated cartilage  $T_2$ <sup>24</sup>. Our results indicate that isolated depletion of aggrecan will not increase cartilage  $T_2$  values, however, it may lead to greater variability in  $T_2$ . Different methods of data acquisition or analysis such as  $T_2$  histograms, or cartilage  $T_2$  texture mapping may provide a means for measuring this increased randomness of cartilage  $T_2$ . Alternatively cartilage  $T_2$  mapping could be combined with a technique sensitive to proteoglycan loss such as dGEMRIC<sup>4</sup> to provide complementary diagnostic information<sup>7</sup>.

#### Conclusion

In nanomelic cartilage there is greater heterogeneity of cartilage  $T_2$  indicating greater variation in the interaction of water with other components of the extracellular matrix. We hypothesize that in the absence of aggrecan, extracellular Type II collagen produces heterogeneous  $T_2$  shortening of cartilage water confirming results of prior solution studies. These results suggest loss of proteoglycan, which occurs with advanced osteoarthritis, may lead to greater heterogeneity in cartilage  $T_2$ , but unlike degenerative change of the collagen matrix, will not increase  $T_2$ .

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