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Tolerance and immune regulation in rheumatoid arthritis

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Chapter 1

Introduction and outline

Rheumatoid arthritis

Rheumatoid arthritis (RA) is a common autoimmune disease characterized by synovial inflammation, autoantibody production and destruction of cartilage and bone (1). Classically, the disease affects the small joints of the hands and feet in a symmetrical pattern. As RA is a systemic disease, extra-articular manifestations can be present in almost any system of the body e.g. the skin, heart, lungs and blood vessels (1). The diagnosis of RA is predominantly a clinical one, as a history of progressive joint swelling, stiffness and increased pain after a period of inactivity is indicative of an inflammatory joint disease. Early diagnosis and timely initiation of disease-modifying antirheumatic drugs, has been shown to have a favourable effect on the course of disease (2-4). However, timely diagnosis remains a challenge as classical signs of structural changes may be missing in early disease and subtle synovitis may escape notice during clinical examination.

Over the past few years, research in the field of RA has focused on the earliest stages of disease, leading to the discovery that circulating autoantibodies, such as rheumatoid factor (RF) and anti-citrullinated protein antibodies (ACPA) which precede the clinical onset of disease (5-7). ACPA are highly specific for RA (8) and the presence of the self-reactive antibodies reflects the complexity of disease. As RA seems to be a highly heterogeneous disease, classification criteria have been developed with the aim to identify more homogeneous patient groups to facilitate comparison with international studies. Using a quantitative scoring system patients can be classified based on scores obtained from; joint involvement, serologic markers, inflammatory markers and duration of symptoms. Although RA is a clinical diagnosis and diagnostic criteria for RA do not exist, classification criteria have been developed to arrive at homogeneous inclusion in clinical trials. The 1987 American College of Rheumatology (ACR) classification criteria for RA were not very well suited for the inclusion of recent onset RA as they rely on the expression of clinical symptoms, a feature of established RA (9). These findings led to the inclusion of an additional early serological marker, ACPA, to the current 2010 American College of Rheumatology/European League Against Rheumatism (2010 ACR/EULAR criteria) classification criteria for rheumatoid arthritis (10), (Table 1).

Although biomarkers provide valuable information to identify patients at an early disease phase, interpretation within the clinical context remains vital. For example, if the prior probability of RA is relatively low, such as in patients in primary care who have only knee pain or those who meet no other ACR criteria, measuring antibodies reactive to cyclic citrullinated peptide (CCP) alone seems to be a reasonable strategy that avoids too many false-positive results. If however, the prior probability of RA is relatively high, such as in patients seen in rheumatology clinics, measuring both autoantibodies seems to be a reasonable strategy that avoids missing potentially treatable patients.

Table 1. ACR/EULAR 2010 classification criteria for rheumatoid arthritis.

| Joint involvement | Score |
|---|--------------|
| 1 large joint | 0 |
| 2-10 large joints | 1 |
| 1-3 small joints (large joints not counted) | 2 |
| 4-10 small joints | 3 |
| >10 joints (at least one small joint) | 5 |
| Serology | |
| Negative RF and negative ACPA status | 0 |
| Low-positive RF or low-positive ACPA | 2 |
| High-positive or high-positive ACPA | 3 |
| Acute phase-reactants | |
| Normal CRP and normal ESR | 0 |
| Abnormal CRP or abnormal ESR | 1 |
| Duration of symptoms | |
| <6 weeks | 0 |
| ≥ 6 weeks | 1 |

A score ≥ 6 is the cut point for rheumatoid arthritis. Patients can also be classified as having rheumatoid arthritis in the presence of 1) erosive disease, 2) long-standing disease according to the previous classification criteria. Target population: patients who have at least one joint with definite clinical synovitis, not better explained by another disease. Joint involvement: any swollen or tender joint on examination. Large joint: shoulders, elbows, hips, knees and ankles. Small joint: joints in the hands, wrists and feet. Negative serology: below or equal to upper limit of normal (ULN). Low-positive serology: higher than ULN, less than 3 times ULN. High-positive serology: more than 3 times ULN. Acute phase reactants: according to local standards. Duration of symptoms: reported by the patient or symptoms of synovitis at the time of assessment. RF= rheumatoid factor, ACPA=anti-citrullinated protein antibodies, CRP= C-reactive protein, ESR= erythrocyte sedimentation rate (10).

Autoantibodies in RA

The first RA associated autoantibody was RF which was identified in 1940 (11). RFs are antibodies that bind immunoglobulin (Ig)G and recognizes epitopes in the fragment crystallizable (Fc) region, which is responsible for effector functions like complement binding (12). Although usually measured as IgM-RF, RF activity can also be found in other subclasses of Ig (13). RF can be detected in 50-90% of RA patients, but are also found in the sera of patients with other connective tissue diseases, patients with infectious diseases and elderly healthy individuals (14). RF was the most valuable diagnostic marker for RA before

the discovery of ACPA and is still part of the 2010 ACR/EULAR classification criteria. The presence of RF and ACPA represents an important early biomarker as these autoantibodies can be detected early in the disease course and can precede the clinical onset of disease (5-7). RF and ACPA can be found in sera of patients a median of 5 years before onset of clinical symptoms (6). Subjects with arthralgia which are seropositive for these autoantibodies have an approximately 30% chance of developing RA within one year (15). These findings highlight an important role for autoantibodies in the preclinical phase of RA which precedes the onset clinical signs and symptoms. Most research on the role of autoantibodies in RA has focused on ACPA, which are directed against citrullinated proteins. In the past several years it has become clear that the autoantibody response in RA extends to several other modified proteins, such as proteins modified by carbamylation and acetylation. As all these auto-antibodies recognize post-translationally modified proteins, these antibodies are collectively called anti-modified protein antibodies (AMPA). A variety of AMPAs against different protein modifications (anti-citrullinated (16), -carbamylated (17) and -acetylated protein antibodies (18)) have now been described in RA suggesting a shared common 'developmental' basis.

Post-translational protein modifications

Post-translational protein modification refers to the covalent and generally enzymatic modification of proteins following biosynthesis. Protein modifications can exist in different forms e.g. addition of small chemical groups, fatty acids or sugar chains, and can occur on the amino acids side chains or at the protein's C- or N- termini (19). Most post-translational modifications can modulate the protein conformation, function, activity, stability and/or location of a protein. For example, phosphorylation is a very general post-translational protein modification involved in the regulation of enzyme activity.

AMPA responses directed against post-translational modified proteins are highly specific for RA as they are, by and large, not found in other auto-immune or inflammatory diseases (20). As many proteins in the joint are long-lived especially extra-cellular matrix proteins expressed in the cartilage, it is not surprising that modified proteins can be found at higher levels in the joint compartment (21). Interestingly, the increased expression of modified proteins in the joints and cartilage might contribute to the production of AMPAs and possibly explain why AMPAs are associated with rheumatic diseases especially RA. As these post-translational modified proteins are prolongedly expressed and possibly more exposed by extracellular expression in the synovial compartment and cartilage, AMPA responses can contribute to increased susceptibility and risk of chronic inflammatory responses of the joints (20). For example, plasma proteins which carry post-translational modifications are readily recognised by AMPAs which can result in immune complex formation, complement

activation and subsequent clearance of the circulation. By contrast, modified matrix molecules recognised by AMPAs also induce immune complex formation and complement formation, however as these proteins are expressed in the synovial compartment they are immobile and these immune responses do not result in clearance of the modified proteins (22). This enables a prolonged process of complement activation, attraction of immune cells and release of mediators like myeloperoxidase (MPO) which stimulates local inflammation and protein modification contributing to chronic inflammatory responses.

Anti-citrullinated protein antibodies

Citrullination is a post-translational modification of proteins, in which a positively charged peptidylarginine residue is converted into a neutral peptidylcitrulline (Figure 1) (8). The conversion is catalysed by the calcium dependent peptidylarginine deiminases (PAD) enzyme. This modification takes place during a variety of biological processes including inflammation. ACPA are a hallmark of RA as these autoantibodies can be present many years prior to disease onset, and their presence is associated with an increased risk of developing RA (6, 15, 23). In the pre-RA phase the ACPA response matures which is characterised by an increase in isotype diversity, the range of epitopes recognized and the levels of antibodies (24). Both the presence of ACPA as well as the extent of the ACPA response are associated with clinical outcomes (25). ACPA positive patients respond different to therapy compared to ACPA negative patients (23, 24), have an more destructive disease course (26) and have an increased risk of relapse after tapering of disease-modifying antirheumatic drug (DMARD) therapy (27). The presence of ACPA can be detected by several commercially available laboratory tests. The first assay was based on the artificial CCP. Antibodies reactive to this assay are referred to as anti-CCP antibodies. While ACPA and RF are highly prevalent in RA they can also be identified in a small percentage of healthy individuals. The anti-CCP assay has a moderate sensitivity for RA (67%), comparable to IgM-RF (69%), and a very high specificity (95%) at the optimal cut-off value, whereas the sensitivity of IgM-RF is reported to be around 85% (16, 28).

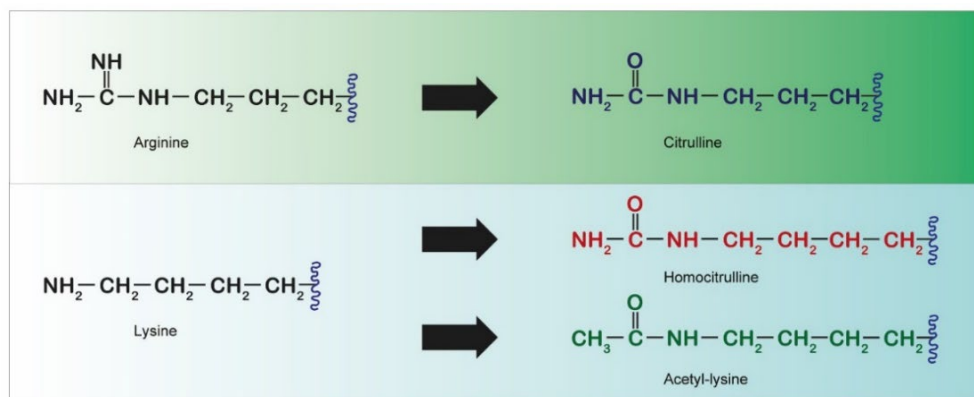


Figure 1. Chemical structures of post-translational protein modifications. Conversion of arginine into citrulline by PAD enzymes. Chemical modification of lysine into homocitrulline through cyanate. Enzymatic modification of lysine to acetyl-lysine by Acetyl-CoA.

Anti-carbamylated protein antibodies

When compared to ACPA, anti-carbamylated protein antibodies (anti-CarP antibodies) were discovered more recently (17). Anti-CarP antibodies target proteins that contain homocitrullines, also referred to as carbamylated proteins. Carbamylation is a chemical modification which occurs in the presence of cyanate. The formation of cyanate may result in a reaction with any accessible primary amine, including that of the lysine side chain and the amine at the N-terminus of polypeptides (29). The product formed by carbamylation, peptidyl-homocitrulline, highly resembles peptidyl-citrulline but contains one additional CH₂ group (Figure 1). Conversion of lysine into homocitrulline, similar to the conversion of arginine into citrulline, results in the loss of a positive charge which influences protein structure and function. Cyanate can be increased upon chronic inflammation (30) due to the conversion of thiocyanate into cyanate by myeloperoxidase, atherosclerosis (31) and smoking (32). Cyanate, a dissociation product of urea, is also increased in patients with renal failure as urea accumulates with decline of renal function (33).

The observation that the chemical structure of homocitrulline strongly resembles citrulline inspired experiments to analyse whether autoantibodies exist that target carbamylated proteins as well. In the first experiments to identify anti-CarP antibodies, carbamylated fetal calf serum (FCS) was used as a model antigen (17). Subsequent studies revealed that anti-CarP antibodies recognize carbamylated self-antigens like human fibrinogen(34), demonstrating that anti-CarP antibodies are autoantibodies, able to recognize modified self-protein. Using molecularly-defined peptides (containing carbamylated epitopes) anti-CarP antibodies were found to be reactive to peptides from α -enolase (35), collagen (36),

fillagrin (37) and vimentin (18). These studies revealed that protein modification is crucial for antibody recognition. Although several human proteins are currently used in the laboratory for the detection of anti-CarP antibody response, there is little information available on the specific nature and location of carbamylated proteins present in the (inflamed) joint.

Recent clinical studies revealed that anti-CarP antibodies are specific for RA and can be found in 45% of patients with early RA (17, 34, 36, 38, 39). Similar to ACPA, anti-CarP antibodies can be identified in sera of patients years before onset of clinical symptoms (39-41). In addition, anti-CarP antibodies are associated with bone erosions, disability and mortality, independent of anti-CCP antibodies (17, 38, 39, 41). As anti-CarP antibodies occur in 10-20% of RA patients seronegative for ACPA (17, 38, 40), anti-CarP antibodies are thought to represent an additional serological marker distinct from ACPA. The sensitivity of the anti-CarP assay is reported to be moderate (44%) and with a high sensitivity (89%) (42). With the arrival of anti-CarP antibodies as a serological marker, it is intriguing whether these autoantibodies could contribute to the early identification and classification of patients with RA. Although anti-CarP antibodies are distinct from ACPAs, it has been described that some ACPA can bind peptides or proteins containing homocitrulline (18, 34, 35). However, the degree of cross-reactivity of ACPA for homocitrullinated proteins varies between studies. These discrepancies may be a result of proteins that contain different numbers and locations of homocitrulline and citrulline. Current studies using the same peptide backbone are inconclusive as the affinity of antibodies to citrulline and homocitrullinated peptides was not investigated (18, 35, 36, 43). However, the relative cross-reactivity between ACPA and anti-CarP antibodies suggests that these autoantibodies may originate from the same B-cell population.

Interestingly, anti-CarP antibodies can be detected in sera of mice with collagen-induced arthritis, even in the absence of ACPAs (44). Studies revealed that anti-CarP antibodies can be generated by immunization of rodents and rabbits with carbamylated proteins (37, 45). In rabbits, the induced response was partially cross-reactive. Comparison of different mouse and rat models of arthritis revealed that anti-CarP antibodies are only present in models that require active immunisation (46). Time course experiments in collagen-induced arthritis models indicate that the presence of anti-CarP antibodies precedes the onset of clinical symptoms (44), an observation similar to findings in patients with RA. These data suggest that anti-CarP antibodies or B-cell may play a pathogenic role in the development of arthritis.

Anti-acetylated protein antibodies

The most recent identified AMPA responses in RA are the anti-acetylated protein antibodies, directed against the post-translationally modification lysine by acetylation. Anti-acetylated protein antibodies have been described in approximately 40% of RA patients, mainly in the ACPA positive group (18). The identification of another AMPA response in RA provides interesting new insights in the pathophysiology of RA.

Lysine acetylation is a common post-translational modification and is involved in various biological processes such as chromatin remodelling, activation of transcription factors and regulation of metabolic enzymes. Protein lysine acetylation refers to the post-translational addition of an acetyl group to the ϵ -amino group of the side chain of a lysine residue (47). Acetylated lysine resembles homocitrulline except for the side-chain terminal amine, which is replaced by a methyl group (Figure 1). Multiple acetyltransferases are responsible for lysine acetylation and the first lysine acetylation was discovered on histones (48). Imbalance in histone acetylation has been found to change the chromatin structure and is associated with dysregulation of genes involved in cell-proliferation, differentiation and apoptosis (49-51). Protein acetylation has historically been considered a predominant eukaryotic phenomenon. Recent evidence, however, shows that also many bacterial species are able to acetylate proteins (52), including bacteria postulated as link between periodontal infection and RA (53, 54). These bacteria include *Porphyromonas Gingivalis* as well as *Aggregatibacter Actinomycetemcomitans*. It has been hypothesised that bacterial acetylation could play a role in the development of AMPA responses. Epidemiological data suggest that periodontal disease is more common in RA (35%) compared to controls (37%) (55). Interestingly, citrullinated, carbamylated and malondialdehyde-acetylaldehyde (MAA) adduct modified proteins have been found in inflamed periodontal tissues (56). It has been shown that MAA adduct formation, as a result of oxidative stress, are increased in RA patients (57). Current studies reveal that the AMPA response is diverse and heterogenous between patients, but also point at the possibility of a shared developmental basis and role in pathophysiology.

Outline of this thesis

The general aim of this thesis was to elucidate the immune regulation and breach of tolerance towards modified proteins in RA. AMPA responses are a hallmark of disease and are implicated in the pathogenesis of RA. Recent studies have shown that these autoantibodies can serve as diagnostic and prognostic biomarkers.

The studies described in **chapter 2** describe the current evidence supporting the notion that autoimmunity against citrullinated proteins is already present at a preclinical phase of RA and how the ACPA response matures over time. Recent clinical studies have demonstrated that effective treatment of arthritis can lead to reduced levels of ACPA or a change in composition of ACPA. Many autoimmune diseases including RA, are characterized by the production of antibodies that can bind self-antigens. Animal studies have shown that the immunogenicity of proteins is enhanced upon protein modification (58-60). However, how these self-reactive B cells escape negative selection in the thymus is not known. To understand how autoreactive B cell responses are generated to post-translational modified proteins we hypothesised that exposure to carbamylated self-antigens is sufficient for a breach of immunological tolerance. The studies described in **chapter 3** show that exposure of mice to carbamylated self-antigens can lead to the formation of anti-CarP antibodies. Our observations reveal that not only carbamylation of self- but also foreign proteins is sufficient to induce self-reactive AMPA responses. In line with these findings, it was recently shown that homocitrulline containing peptides are also immunogenic in SE-expressing DR4tg mice and lead to T and B cell responses directed to carbamylated antigens (61).

Activation of naïve B cells by T cell dependent signals is characterised by the formation of germinal centers. Activated T-cells provide a stimulatory signal to B cells via CD40L-CD40 interaction (62) which subsequently leads to B cell proliferation and differentiation. In **chapter 4** we analysed whether carbamylation of an antigen can result in the generation of neo-epitopes and the subsequent induction of a breach tolerance at T cell level towards self-antigens. Our results indicate that carbamylated self-proteins are sufficient for a breach of immunological tolerance and are able to trigger primary immune responses, including autoantibody formation, T cell activation and cytokine production. In our studies we describe the concept that post-translational modification of self-proteins can create “new” antigens for which immune tolerance does not yet exist. To better understand the origin of AMPA responses and development of AMPA-producing B cells we immunized mice with different post-translational modified proteins and studied the induced humoral responses. These studies are described in **chapter 5** and indicate that exposure to a particular class of modified proteins (carbamylated or acetylated) can induce an immune response against another class of modified proteins as well. Likewise, AMPA from RA-patients purified against one PTM can recognize different classes of PTMs. These findings are important as

they indicate that the different AMPA-responses observed in RA-patients can be derived from the same inciting antigen(s) carrying only one particular modification.

Since the discovery of autoantibodies in RA it has been hypothesized that patients may benefit from treatment tailored to “autoantibody status”. As methotrexate is the most widely used anti-rheumatic drug in clinical practice, it would be important to know whether the presence of autoantibodies is associated with better treatment response. In **chapter 6** we show that autoantibody status is not associated with early remission in newly diagnosed RA-patients receiving methotrexate. The results from our study in 1826 RA-patients from the METEOR database (an international rheumatoid arthritis registry) indicate that methotrexate is effective as initial treatment strategy regardless of autoantibody status.

The studies described in **chapter 7** focus on the preclinical disease phase of RA as it has been thought that treatment initiation in pre-arthritis stages might result in an improved treatment efficacy and possibly the prevention of a full-blown disease. In animal studies with the collagen-induced arthritis and adjuvant-induced arthritis model we aimed to study whether treatment initiation in a prophylactic or pre-arthritis setting could reveal differences in treatment efficacy between antirheumatic drugs. In this systematic literature study we describe the evidence that both prophylactic and pre-arthritis treatment strategies can lead to a significant reduction of arthritis severity scores, which hints at a possibility for preventive treatment strategies in RA.

Several studies have shown a clinical and epidemiological association between periodontitis and RA (63). Periodontal disease is characterized by gingivitis and a chronic inflammatory process of the bone. *Aggregatibacter actinomycetemcomitans* (Aa), a specific periodontitis-associated bacterium and its lytic toxin (Leukotoxin A or LtxA) were hypothesized to be involved in the initiation of ACPA responses in genetically predisposed individuals (54). In **chapter 8** we studied whether RA patients of Leiden Early Arthritis Clinic had an increased prevalence of Aa, measured by the presence of anti-LtxA antibodies. Furthermore, we aimed to replicate the finding that the association between human leukocyte antigens shared epitope (HLA SE) alleles and ACPA-positive RA is limited to the anti-LtxA-positive subset of patients. Using sera of arthritis patients we found that the presence of anti-LtxA antibodies was not specifically associated with RA. In addition, no association with the presence of ACPA or HLA SE alleles among RA patients was found. Finally, **chapter 9** discusses and summarizes the results of the studies described in this manuscript and describes possible directions for future research.

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