

**Giornate di Ginecologia ed Ostetricia:
fertilità, contraccezione, endometriosi
e menopausa**

**“Stress ossidativo e
deterioramento cognitivo
nell’anziano”**

**Carlo Cervellati, PhD
Università di Ferrara**

Primo a definire il concetto di «milieu intérieur» (omeostasi) in fisiologia



"è la tendenza naturale al raggiungimento e al mantenimento di una relativa stabilità interna delle proprietà chimico-fisiche, anche al variare delle condizioni esterne....."

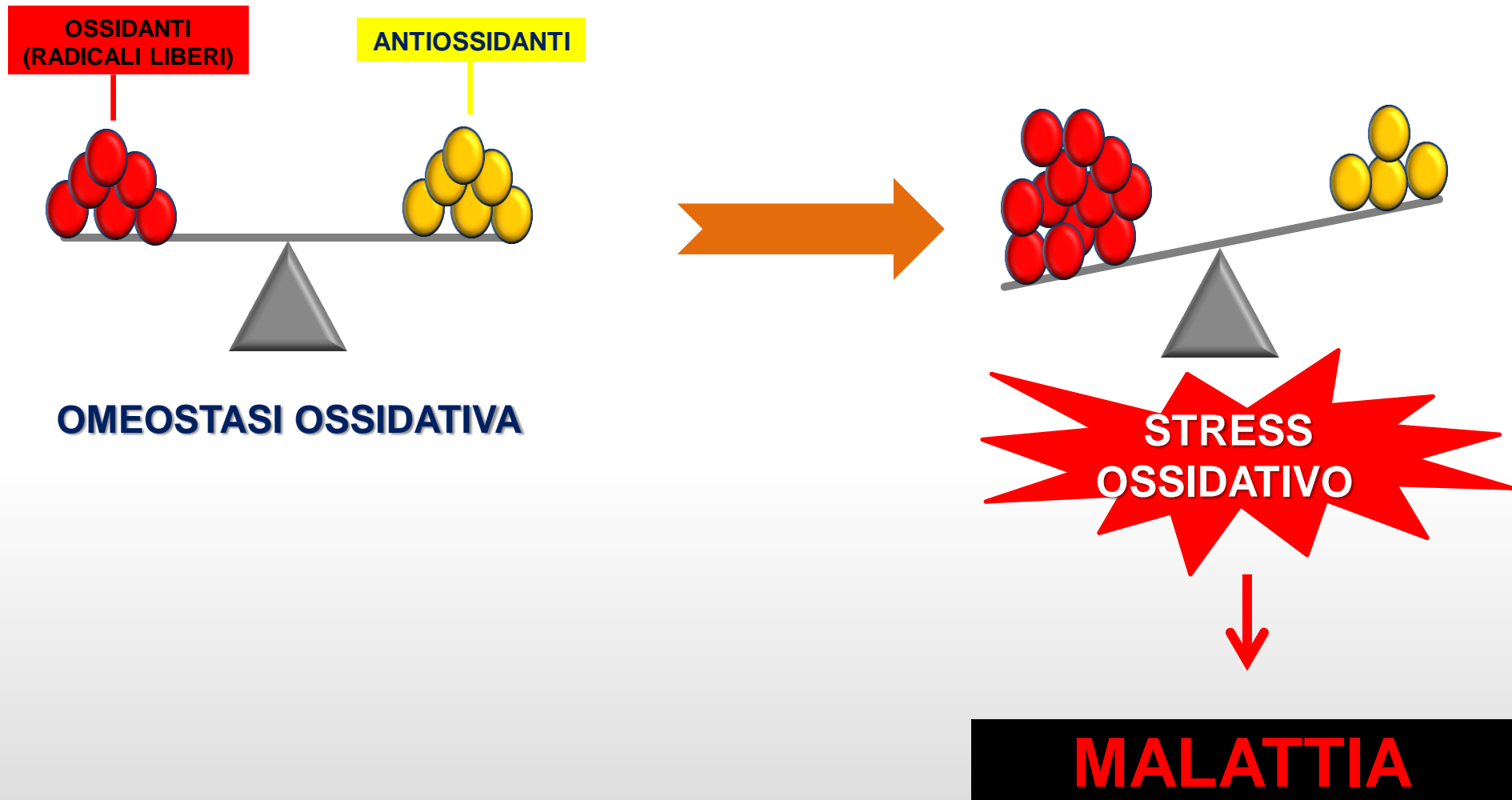
*variare delle condizioni esterne.....
proprietà chimico-fisiche, anche al
una relativa stabilità interna delle*

Claude Bernard (1813-1878)

Omeostasi del calcio, del sodio, del potassio, del glucosio e.....

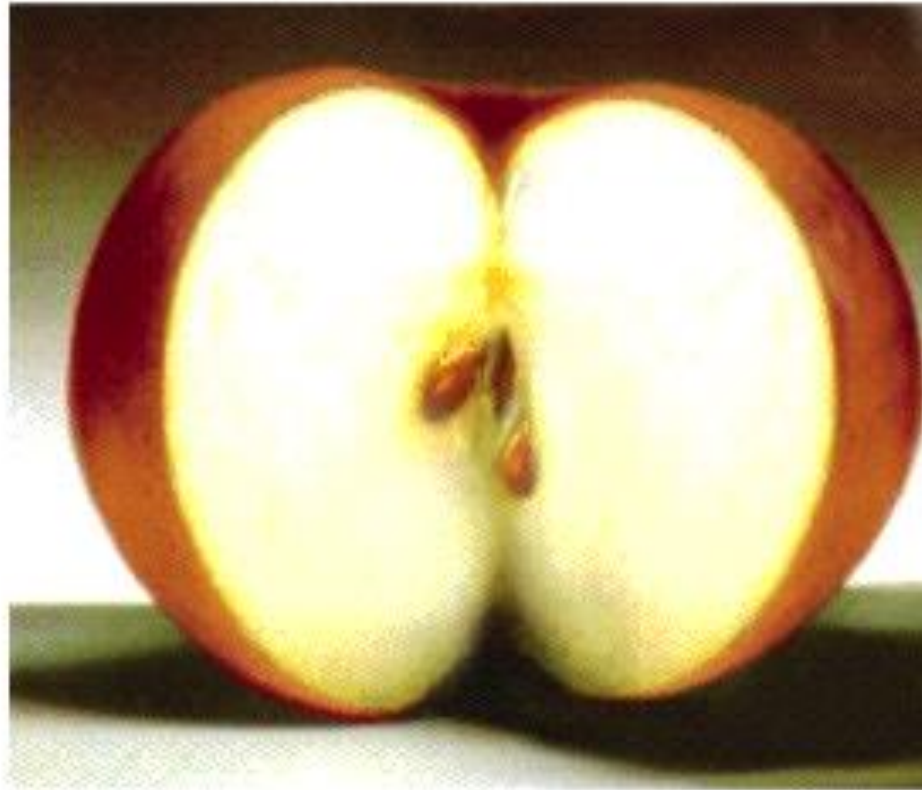
“LO **STRESS OSSIDATIVO** E' IL RISULTATO DI UNA DEVIAZIONE DELL' **EQUILIBRIO** TRA **OSSIDANTI** ED **ANTIOSSIDANTI**”

Sies H. Experimental Physiology, 1997;82:291-295.

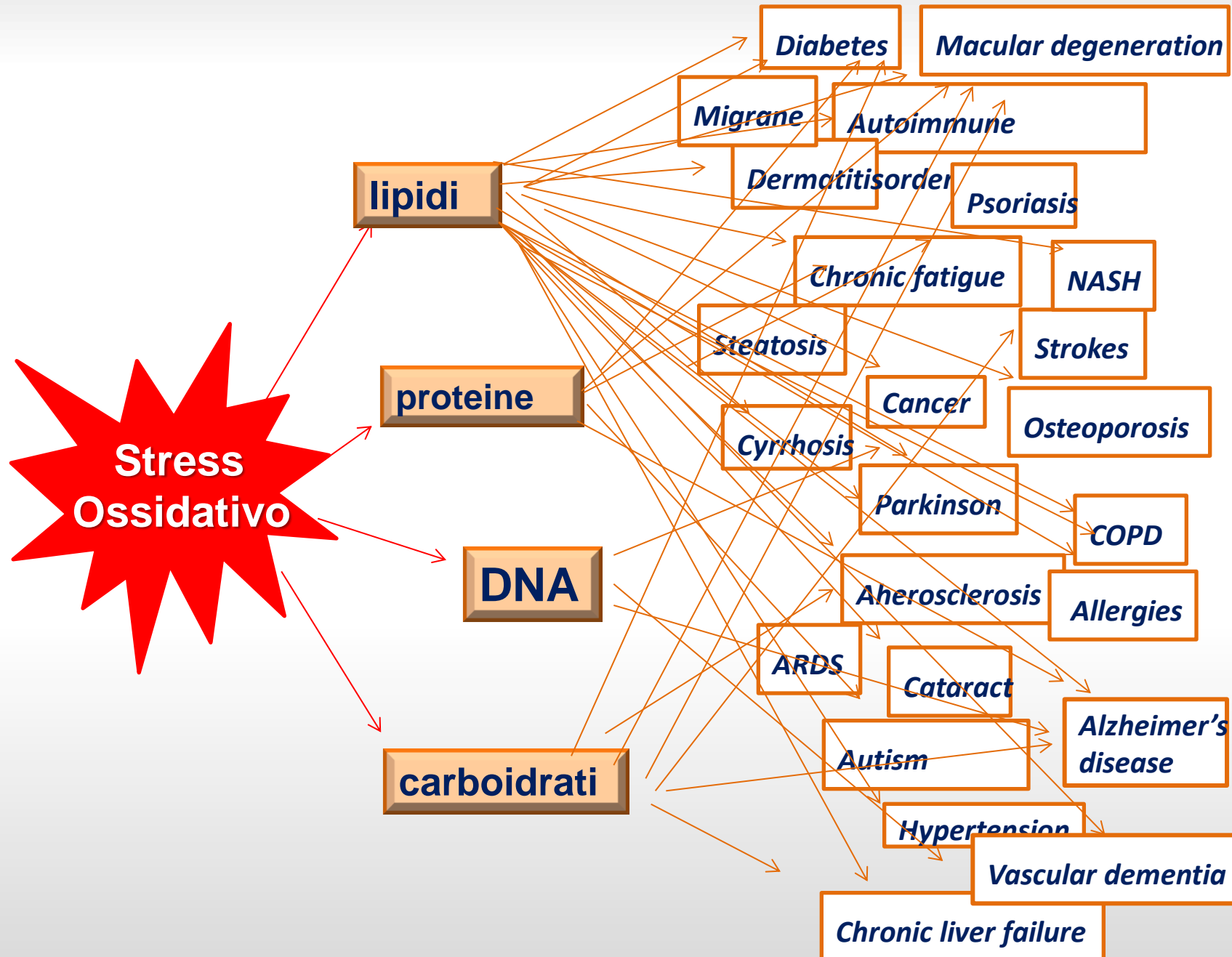


Perché lo stress ossidativo comporta un danno biologico?

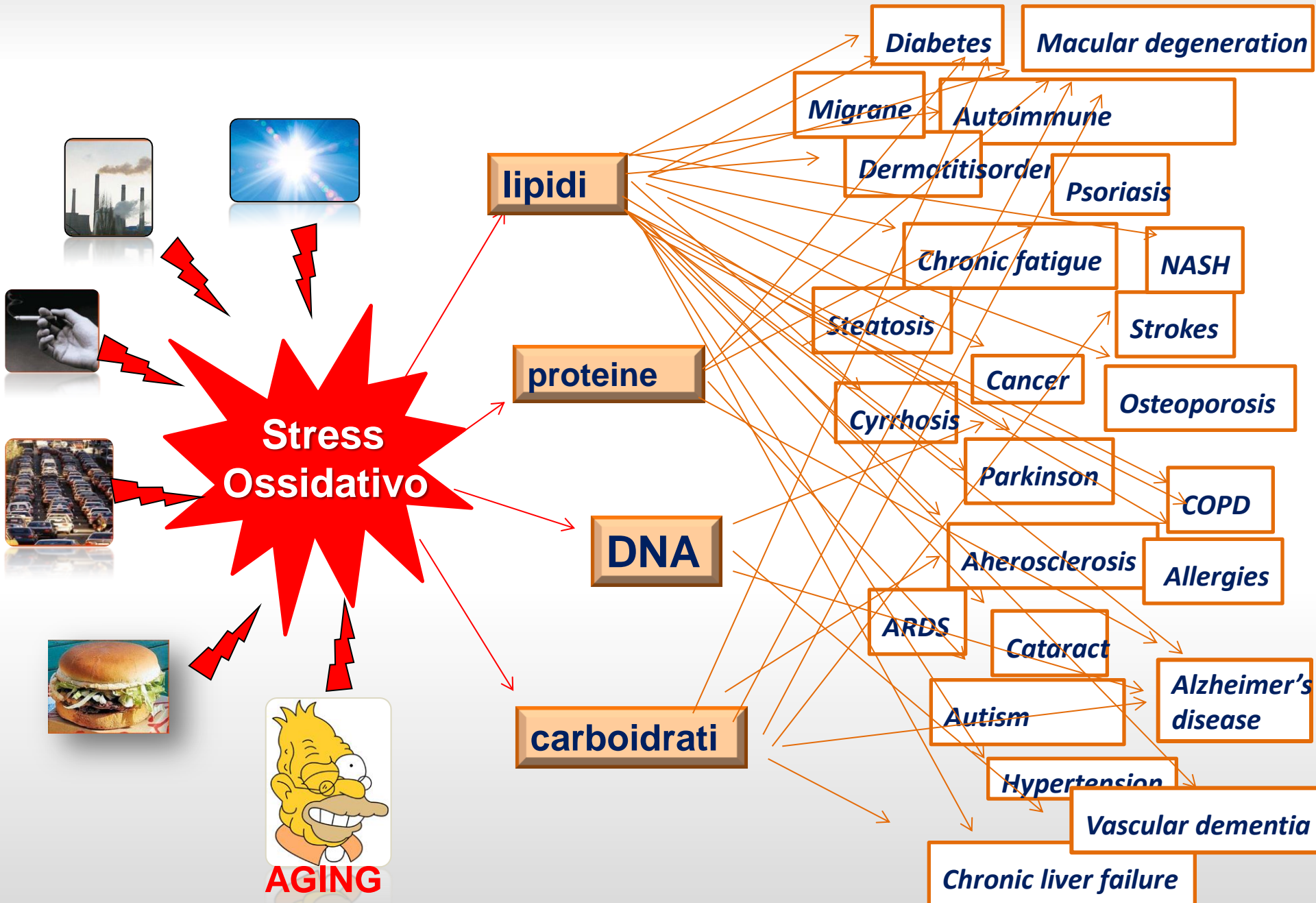
OSSIDAZIONE = TRASFORMAZIONE



STRESS OSSIDATIVO: CAUSE & EFFETTI



STRESS OSSIDATIVO: CAUSE & EFFETTI



Le specie ossidanti sono (soprattutto) radicali liberi

Specie Reattive
dell'Ossigeno
(ROS)

Specie Reattive
dell'Azoto
(RNS)

Es:



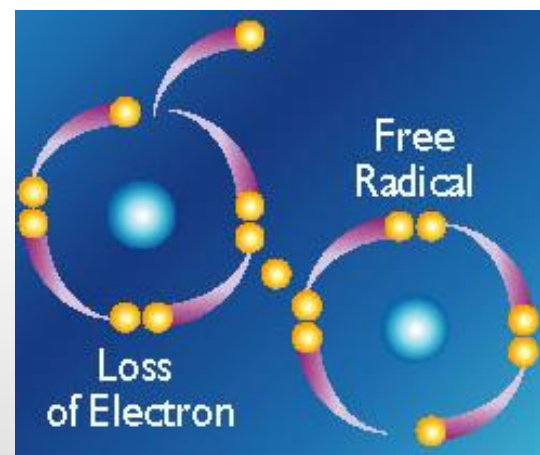
**Radicale
ossidrilico**

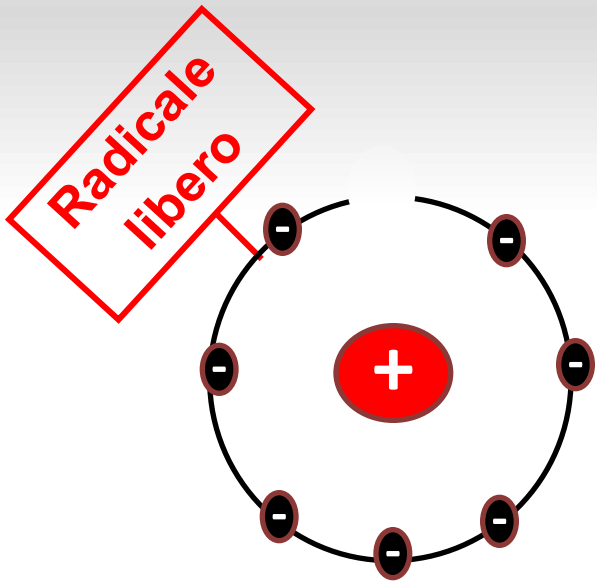


**Radicale
perossinitrito**

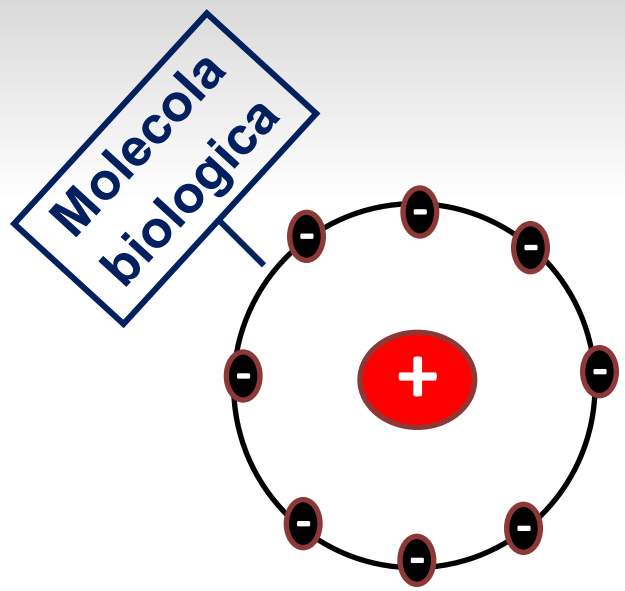
What are **Free radicals** ?

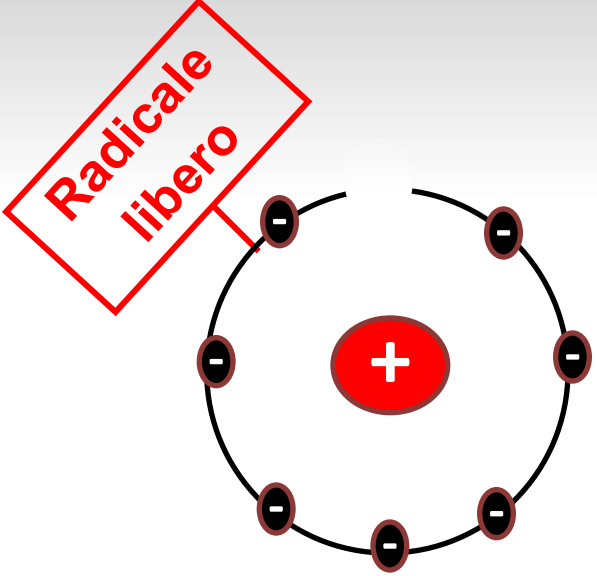
- Free radicals are like robbers which are deficient in energy.
- Free radicals attack and snatch energy from the other cells to satisfy themselves.



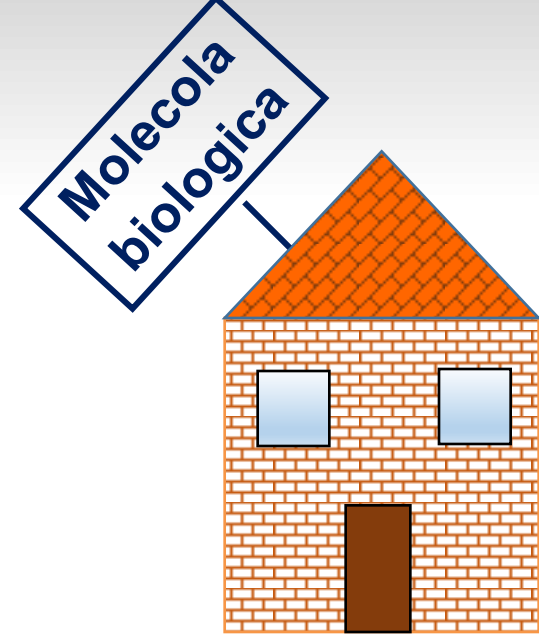


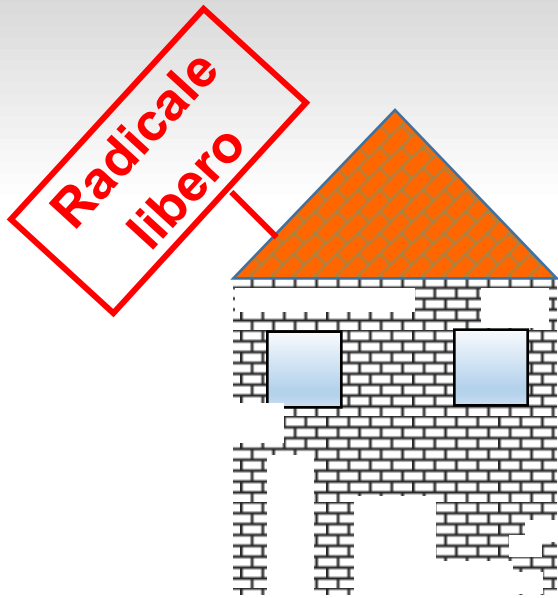
+



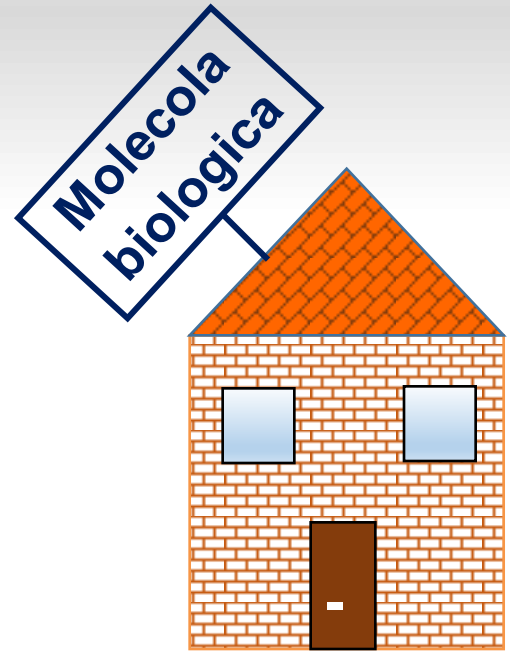


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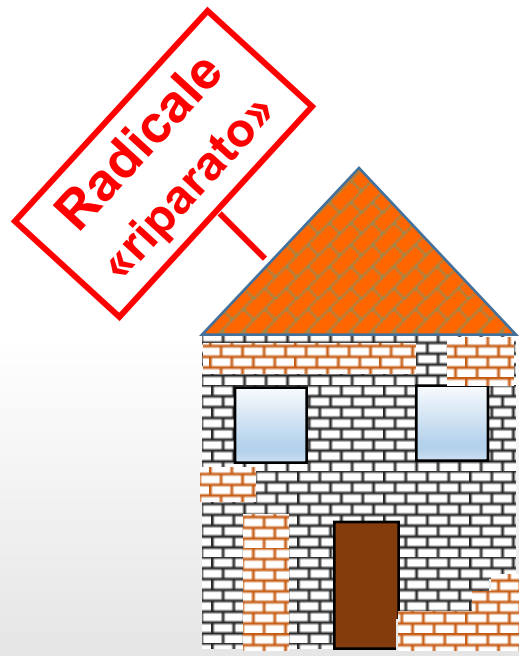




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OSSIDAZIONE

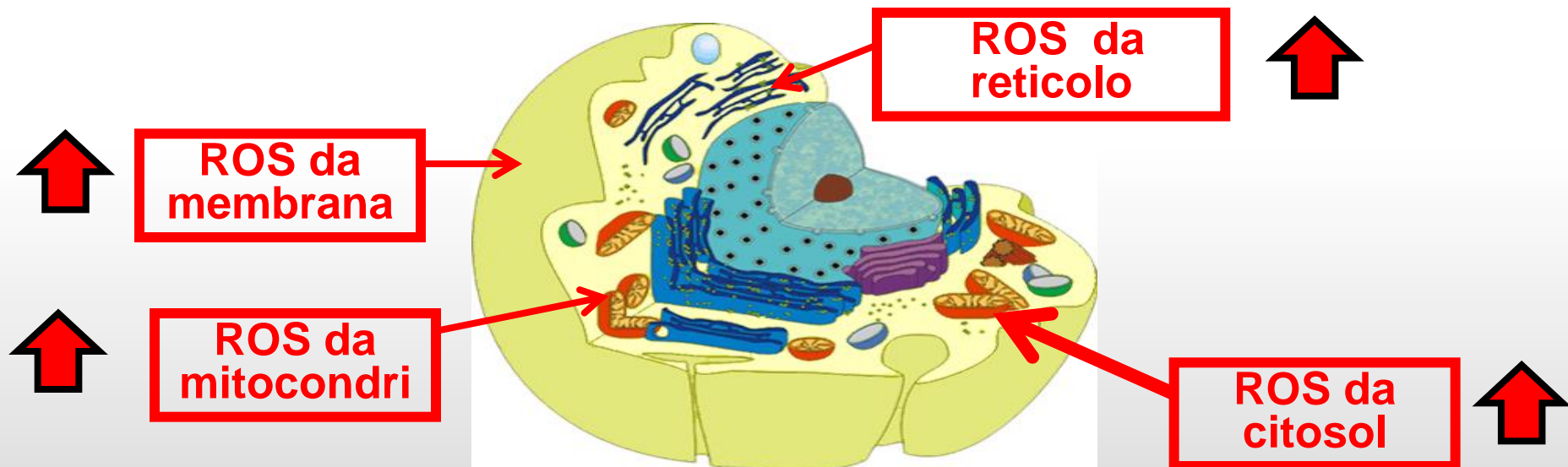


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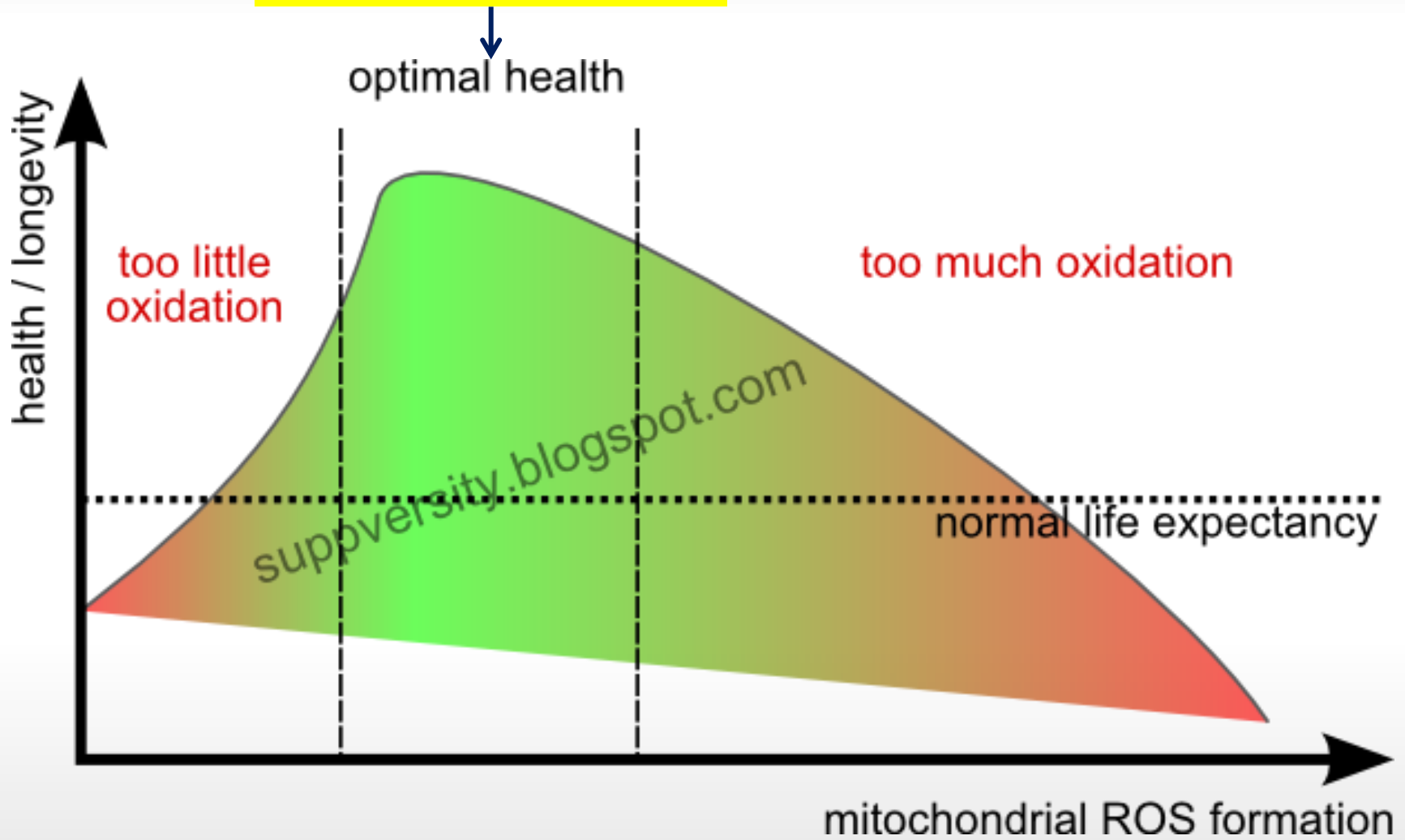


**Un soggetto sano di 30 anni
trasforma ogni giorno il 2-3 % dell'ossigeno
che respira in radicali liberi**

INVECCHIAMENTO

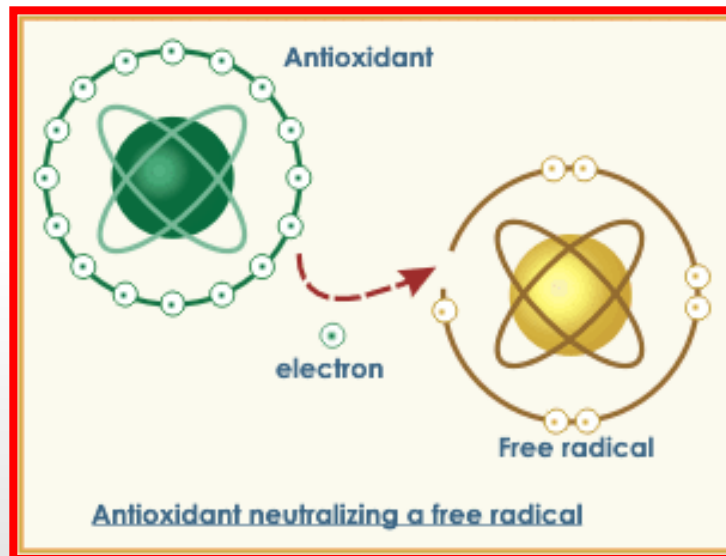


corretta omeostasi

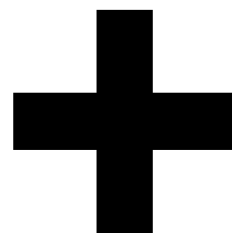
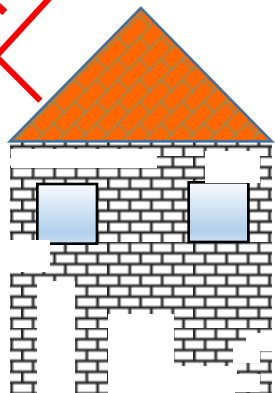


ANTIOSSIDANTI

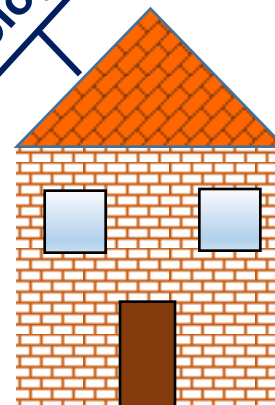
Proteggono la cellula/organismo dal danno ossidativo



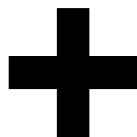
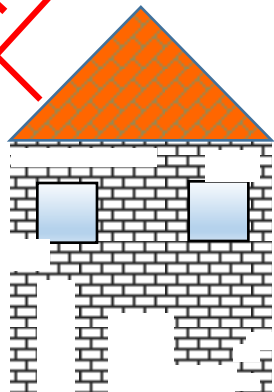
**Radicale
libero**



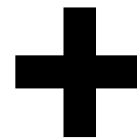
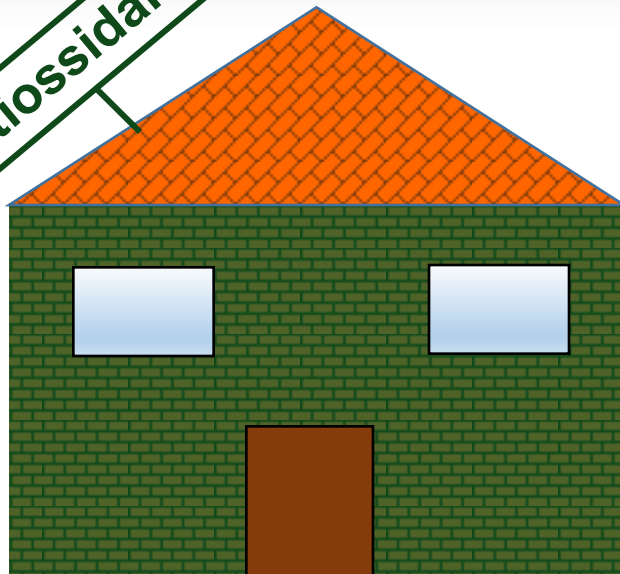
**Molecola
biologica**



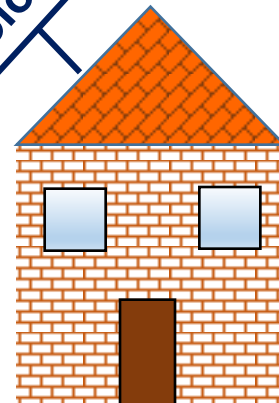
Radicale libero

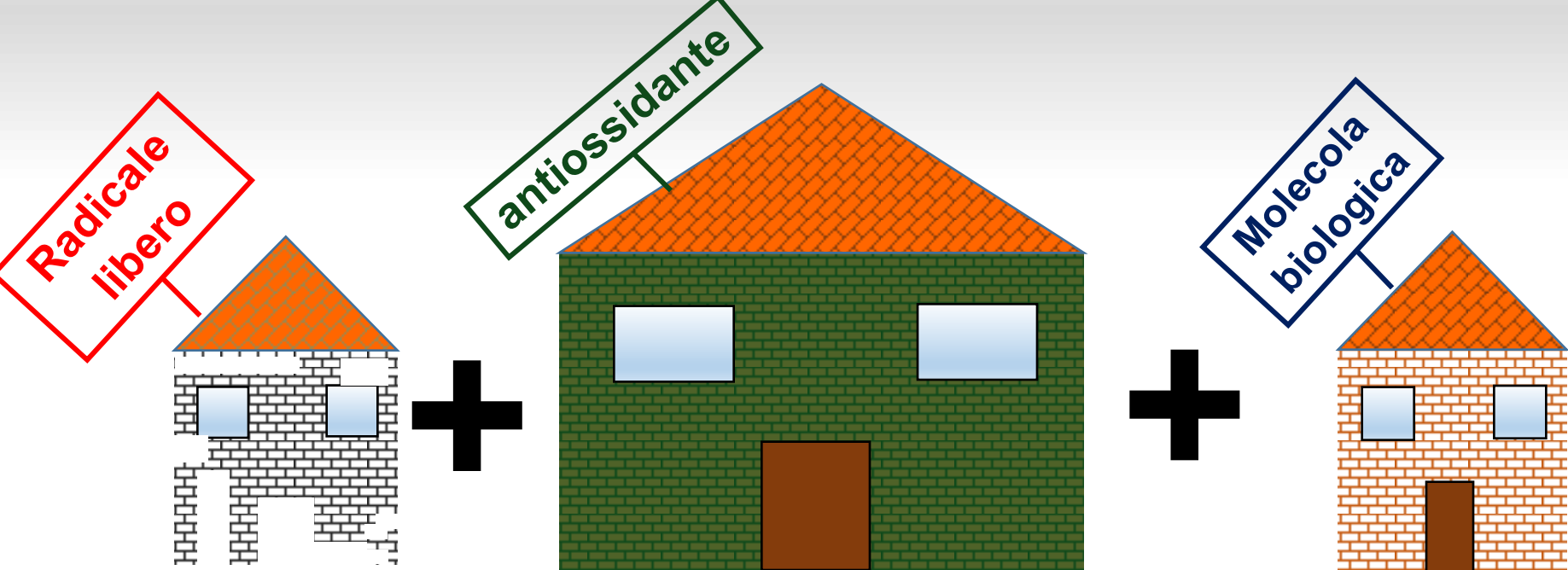


antiossidante



Molecola biologica





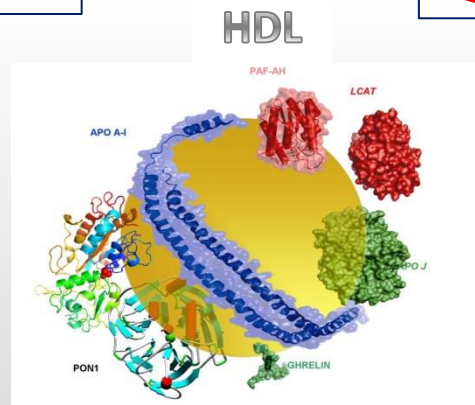
DIFESA ANTIOSSIDANTE

DIFESA ACQUISITA

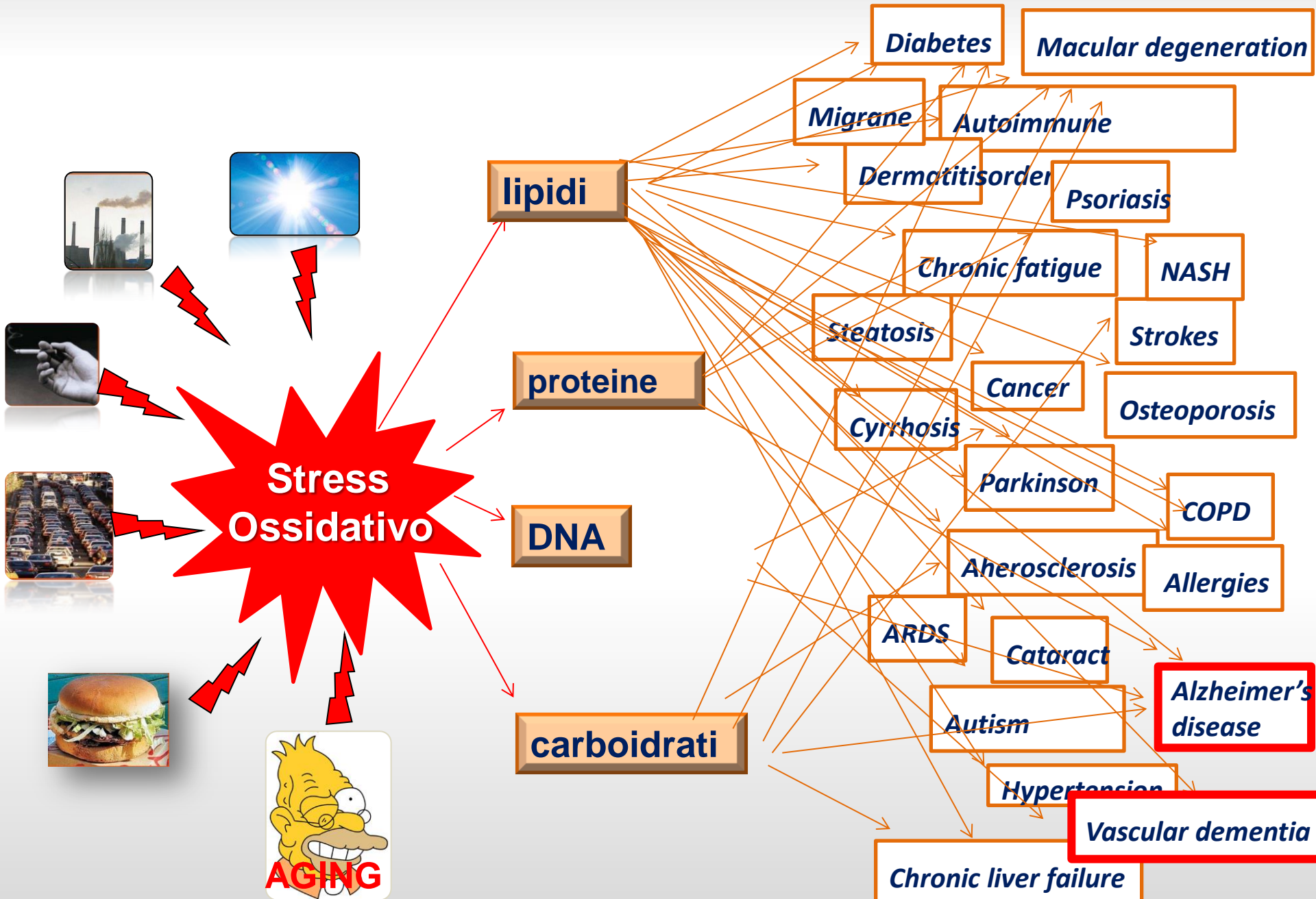
Vitamina E
Vitamina C
Beta-carotene
Flavonoidi
PUFA

DIFESA INNATA

Enzimi intracellulari
Glutazione
Acido urico
Ceruloplasmina
Paraossonasi



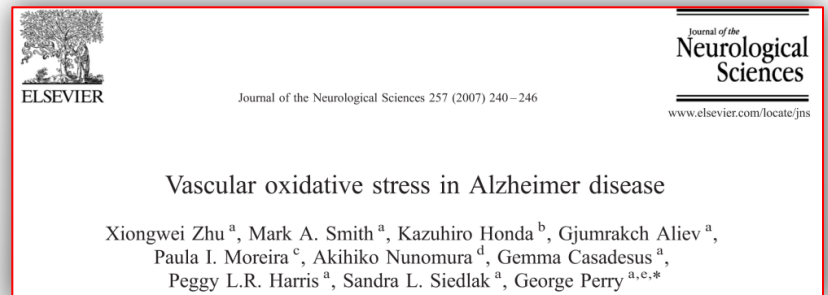
STRESS OSSIDATIVO: CAUSE & EFFETTI



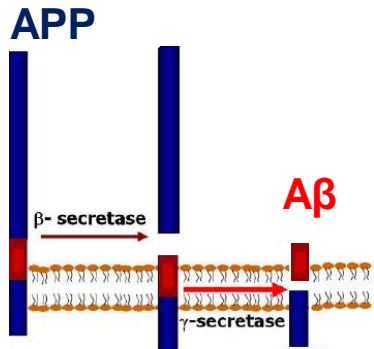
ALZHEIMER (AD) & DEMENZA VASCOLARE (VAD)

caratteristiche in comune:

- Fattori di rischio
- Alterazione e danneggiamento dei vasi cerebrali
- Disfunzione dei mitocondri neuronali
- Neuro-infiammazione
- **Stress ossidativo** ↔



Stress ossidativo in AD



oligomeri
A β solubili



Attività enzimatica pro-ossidante

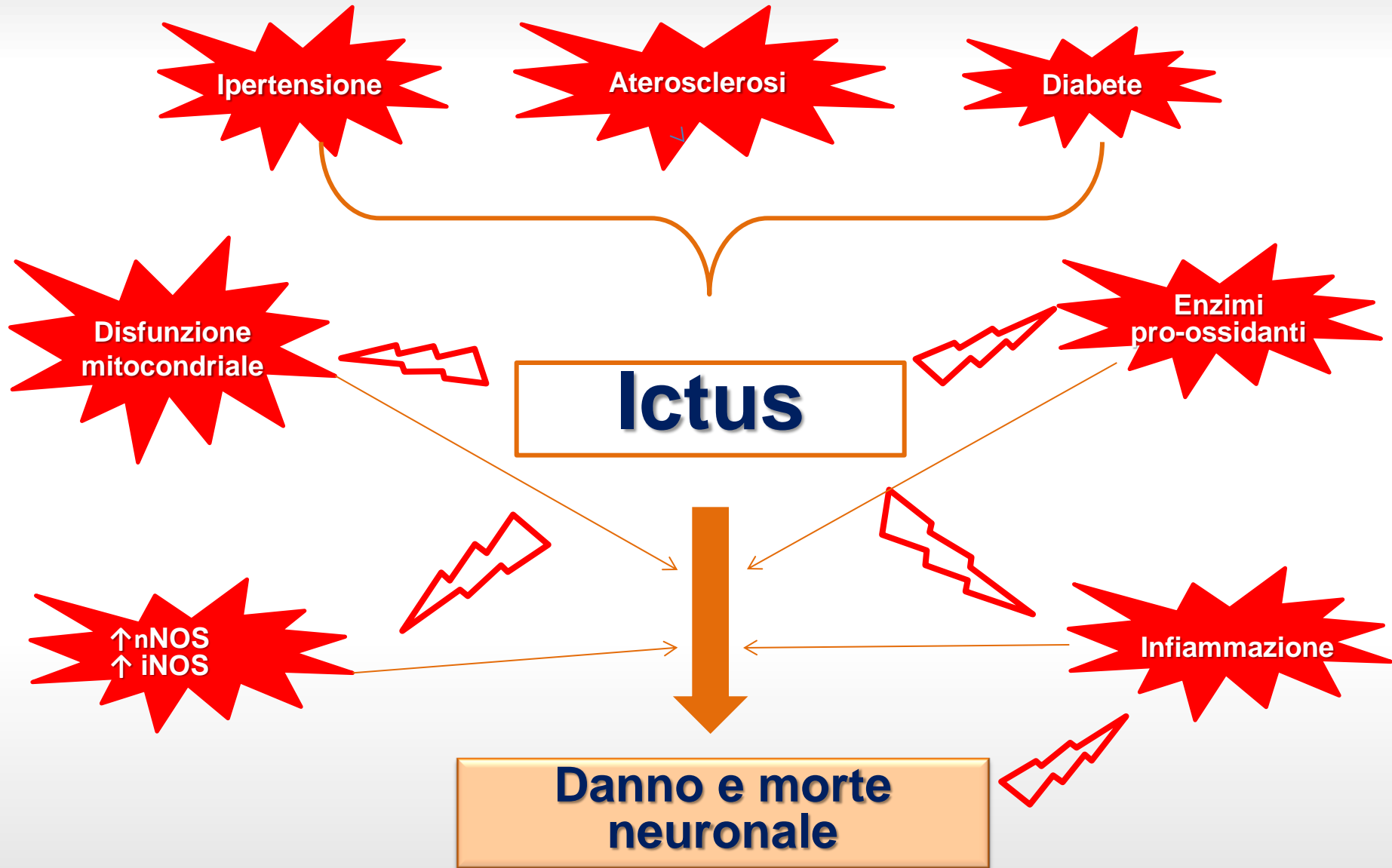
Induzione di **neuroinfiammazione**
mediante attivazioni cellule gliali

Inibizione attività enzimi del
mitocondrio (**disfuzione
mitocondriale**)

Inoltre il cervello è costitutivamente:

- Ricco di PUFA
- Povero di antiossidanti endogeni
- Uno dei tessuti a maggiore consumo di O₂
- Ricco di ferro

Stress ossidativo in VAD



STRESS OSSIDATIVO vs AD & VAD: prove sperimentali

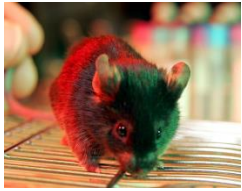


Opazo C. et al. **Metalloenzyme-like activity of Alzheimer's disease beta-amyloid. Cu-dependent catalytic** conversion of dopamine, cholesterol, and biological reducing agents to neurotoxic H₂O₂. AJI Biol Chem. 2002 ;277(43):40302-8.

Abramov AY. et al. The role of **an astrocytic NADPH oxidase in the neurotoxicity of amyloid beta peptides**. Philos Trans R Soc Lond B Biol Sci. 2005;360(1464):2309-14

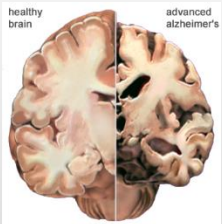
. Smith MA et al. **Amyloid-beta deposition in Alzheimer transgenic mice is associated with oxidative stress**. J Neurochem. 1998;70(5):2212-5

Conte V et al. **Vitamin E reduces amyloidosis and improves cognitive function in Tg2576 mice following repetitive concussive brain injury**. J Neurochem. 2004;90(3):758-64.



Yan SD et al. Mitochondrial dysfunction and Alzheimer's disease: **role of amyloid-beta peptide alcohol dehydrogenase (ABAD)**. Int J Exp Pathol. 2005 ;86(3):161-71.

Park L et al. **NADPH-oxidase-derived reactive oxygen** species mediate the cerebrovascular dysfunction induced by the amyloid beta peptide. J Neurosci. 2005 16;25(7):1769-77



Bradley MA et al. Increased levels of **4-hydroxynonenal and acrolein** in the brain in preclinical Alzheimer disease. Free Radic Biol Med 2010;48(12):1570-6

Yao Y et al. Enhanced brain levels of **8,12-iso-iPF2alpha-VI** differentiate AD from frontotemporal dementia. Neurology. 2003;61(4):475-8

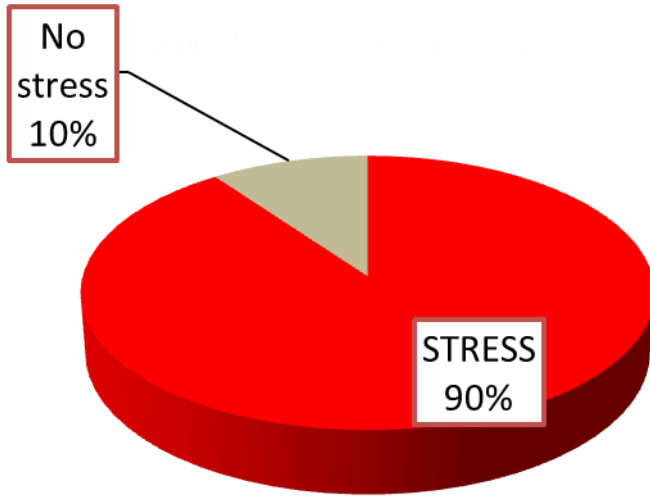
Mecocci, U. et al. Oxidative damage to **mitochondrial DNA** is increased in Alzheimer's disease, Ann. Neurol.1994;36:747-751

**...e gli studi di
popolazione??**

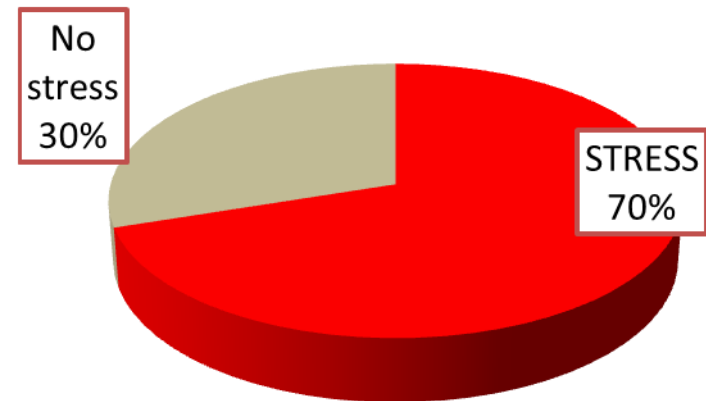
% di studi *in vitro* (e *postmortem*) o *in vivo* (su uomo) che riportano un associazione tra stress ossidativo e AD/VAD

■ stress ossidativo in AD or VAD > controlli

■ stress ossidativo in AD or VAD = controlli



STUDI IN VITRO O POSTMORTEM



STUDI IN VIVO

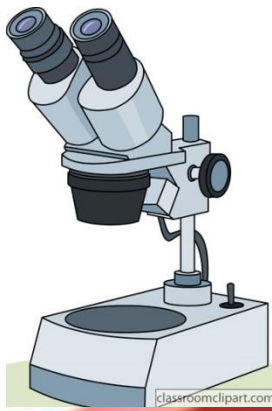
I RISULTATI DEGLI STUDI DI POPOLAZIONE FINORA CONDOTTI SONO CONTRASTANTI.....PERCHE'?

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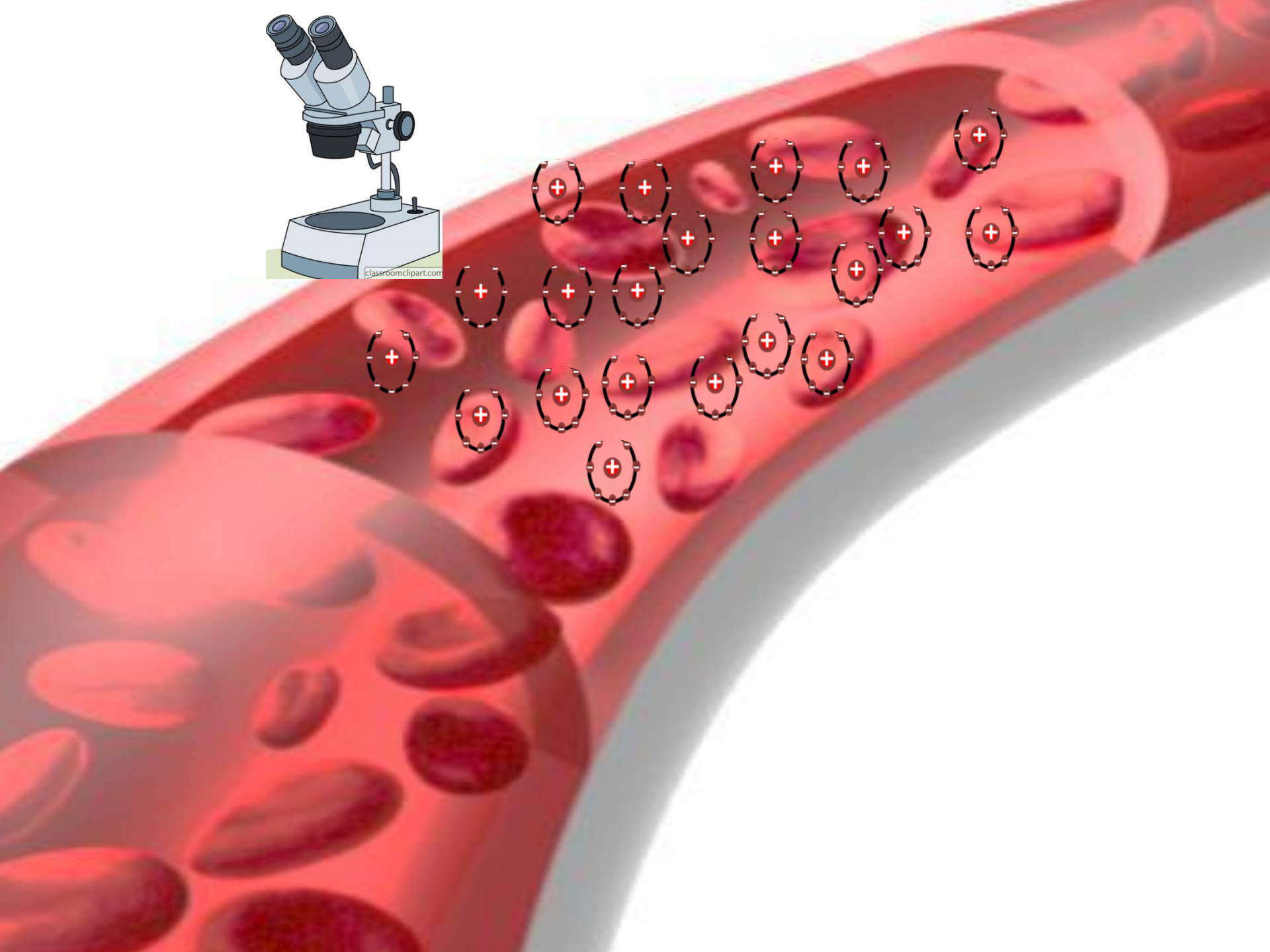
- La valutazione *in vivo* dei radicali liberi è impraticabile
- Vi sono tanti marcatori dello stress ossidativo e nessuno di essi è stato ancora validato né clinicamente né analiticamente

2) LIMITAZIONI DEGLI STUDI FINORA PUBBLICATI

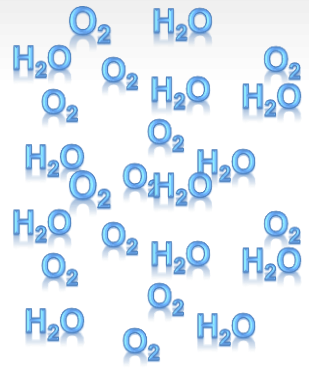
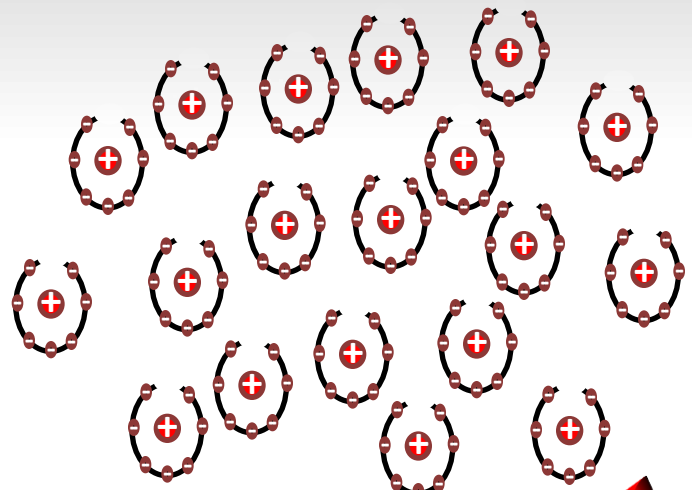
- La misura del marcatore del danno ossidativo è stato solo raramente accompagnato dal dosaggio della componente antiossidante
- Bassa numerosità del campione
- Mancato controllo per potenziali fattori interferenti
- Mancanza di studi longitudinali



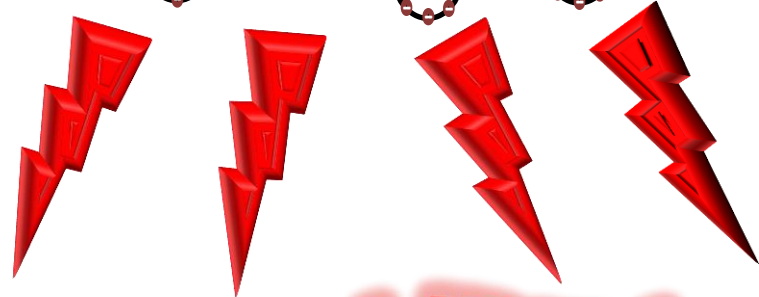
classroomclipart.com



RADICALI LIBERI



OSSIDAZIONE



**MOLECOLE
BIOLOGICHE**

PROTEINE

DNA

LIPIDI

CARBOIDRATI

**PRODOTTI
OSSIDAZIONE**

PROTEINE

DNA

LIPIDI

CARBOIDRATI

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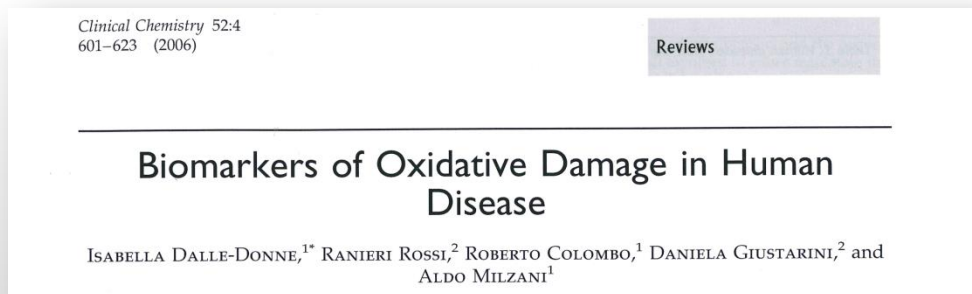
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Ad oggi nessuno dei marcatori dello stress ossidativo si è dimostrato essere:

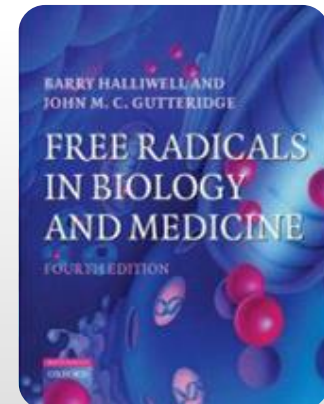
«è una caratteristica oggettivamente misurabile e valutabile come indicatore di un normale processo biologico, un processo patogenico o una risposta farmacologica ad una terapia»

Soprattutto perchè :

Nessun marcatore è stato ancora inserito in un TRIAL clinico interventistico basato sull'uso di antiossidanti



&



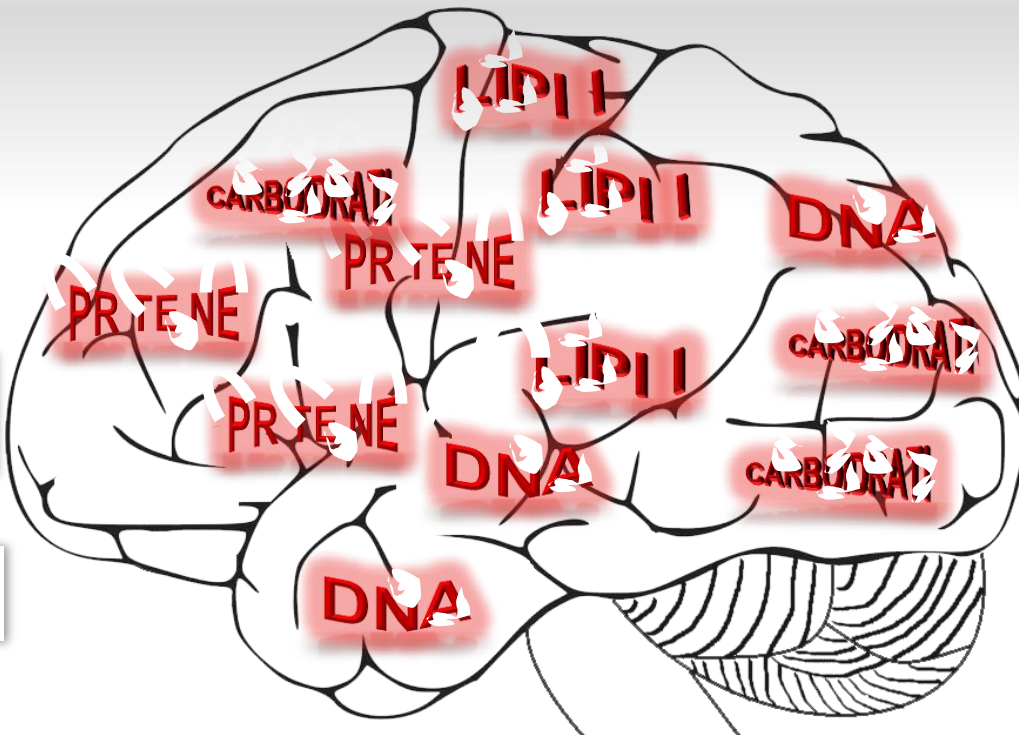
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Bradley MA et al. Increased levels of **4-hydroxynonenal and acrolein** in the brain in preclinical Alzheimer disease. *Free Radic Biol Med* 2010

Yao Y et al. Enhanced brain levels of **8,12-iso-IPF2alpha-VI** differentiate AD from frontotemporal dementia. *Neurology*. 2003

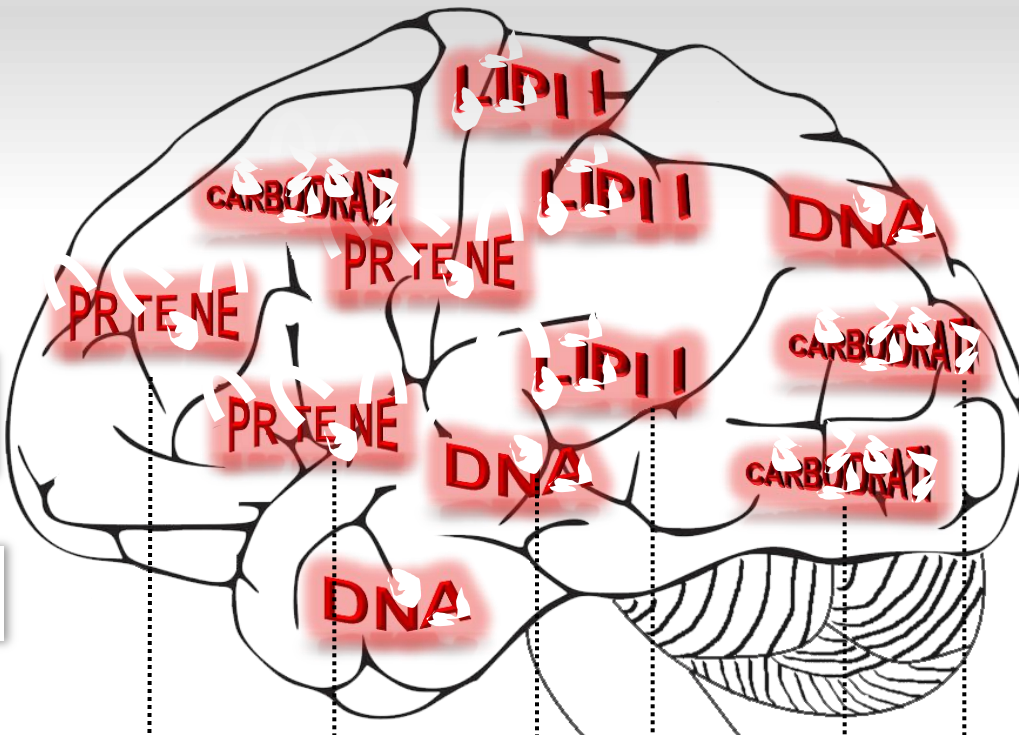
Mecocci, U. et al. Oxidative damage to **mitochondrial DNA** is increased in Alzheimer's disease, *Ann. Neurol.* 1994;

C.E. Teunissen, et al. Biochemical markers related to Alzheimer's dementia in serum and cerebrospinal fluid. *Neurobiology of aging*. 2002

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Marksbery WR et al. Lipid peroxidation is an early event in the brain in amnesic mild cognitive impairment. *Ann Neurol*. 2005.

Circolo sistemico



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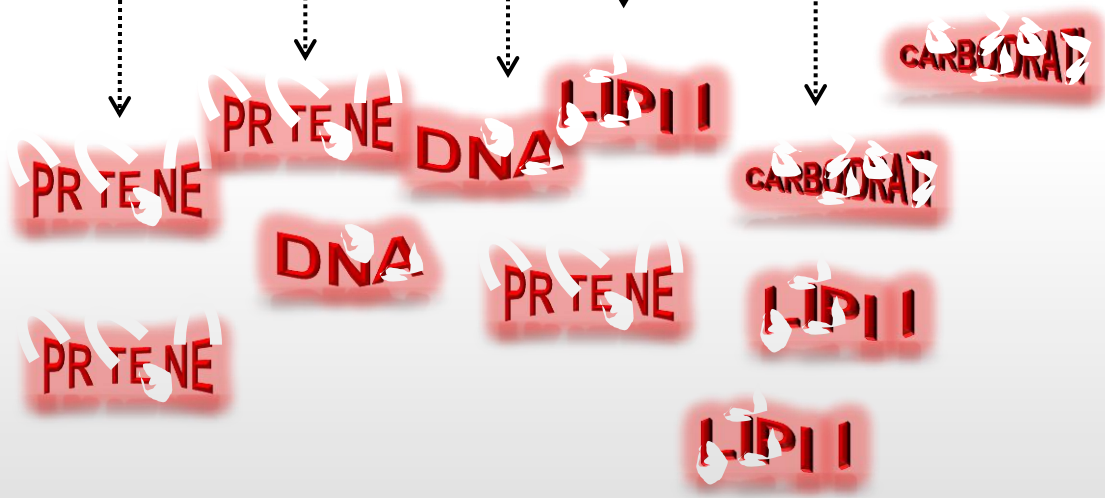
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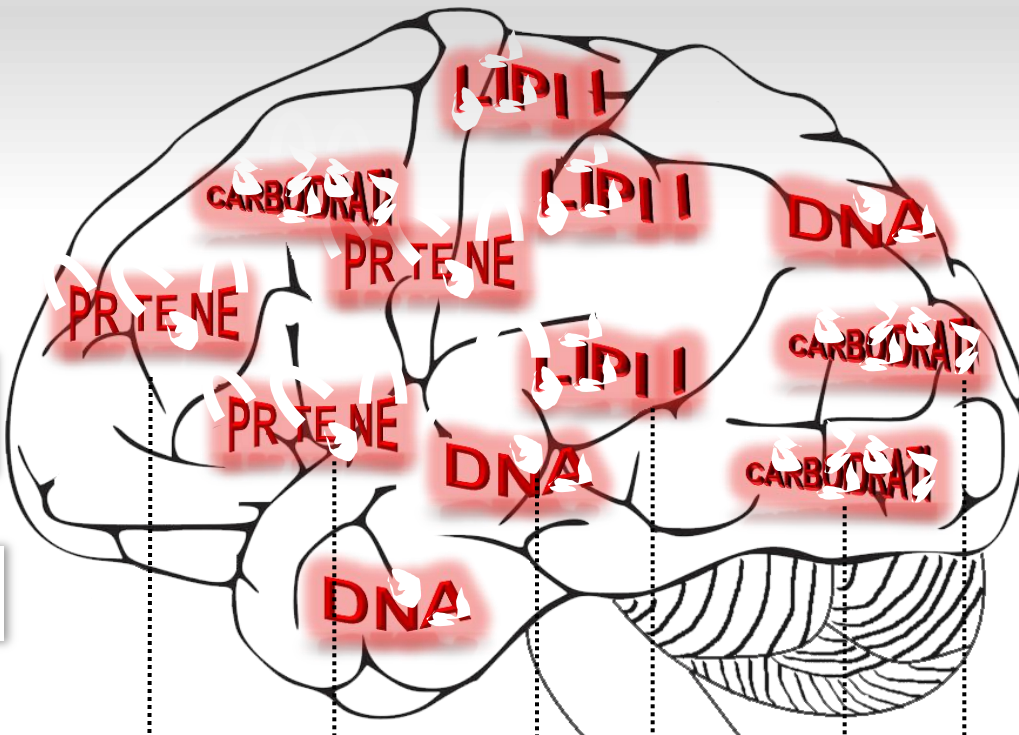
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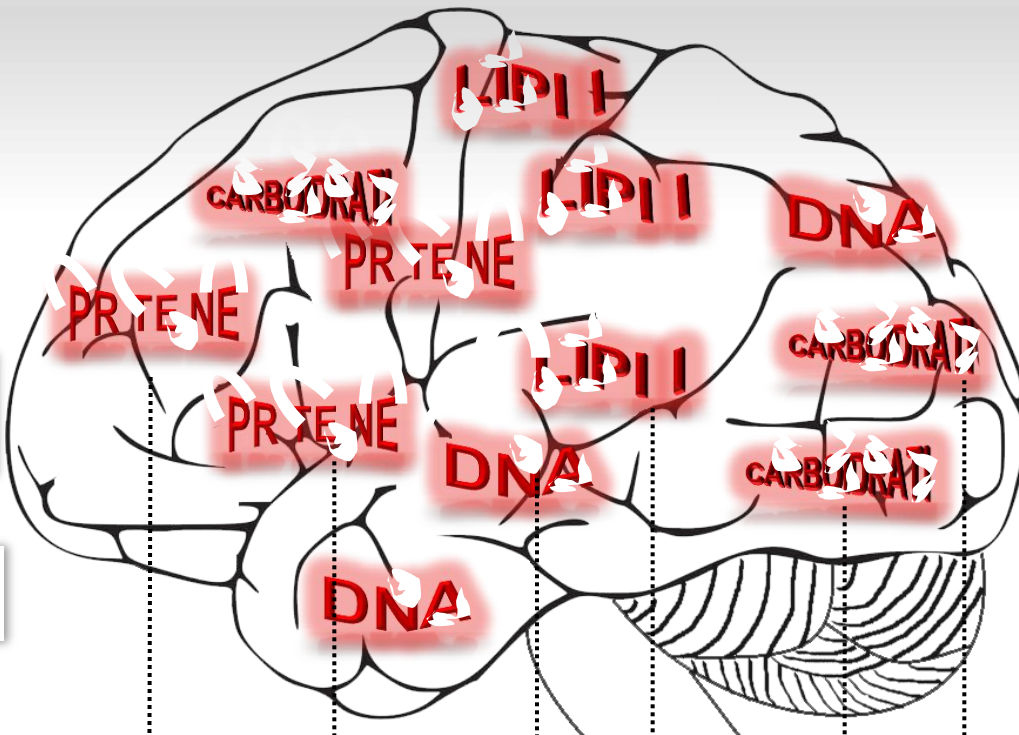
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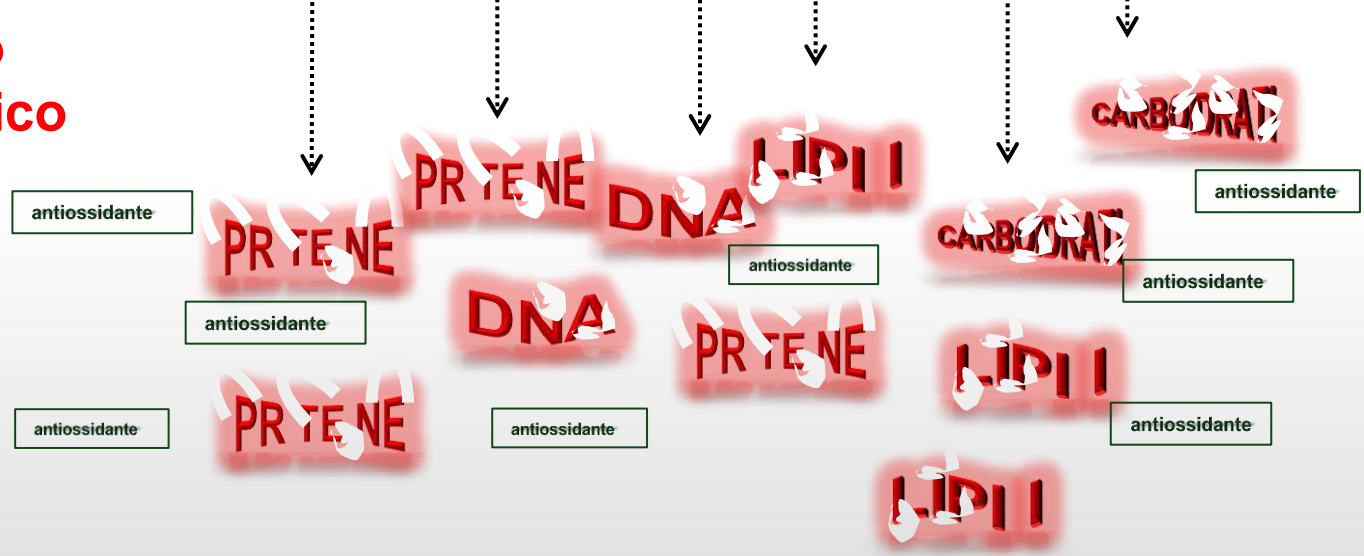
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**1. RECLUTAMENTO
&
ESAMI CLINICI**
(test neuropsichiatrici, CT, chimica clinica)

- Laboratorio di Geriatria e Gerontologia , IRCCS Casa Sollievo della Sofferenza, Foggia
- Dipartimento di Scienze Mediche, Sezione di Medicina Interna e Cardiorespiratoria, Università di Ferrara

Studio Trasversale

143 HEALTHY
223 MCI
162 AD (LOAD)
65 VAD

476 Soggetti

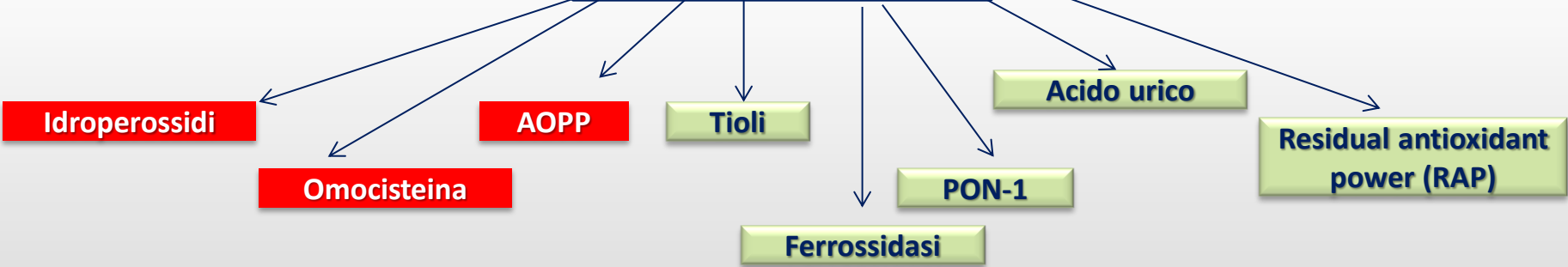
**Studio Longitudinale
(follow-up: 2 anni)**

92 MCI-MCI
39 MCI-AD
21 MCI-VAD

152 Soggetti

2. Misurazione dei marcatori dello stress ossidativo

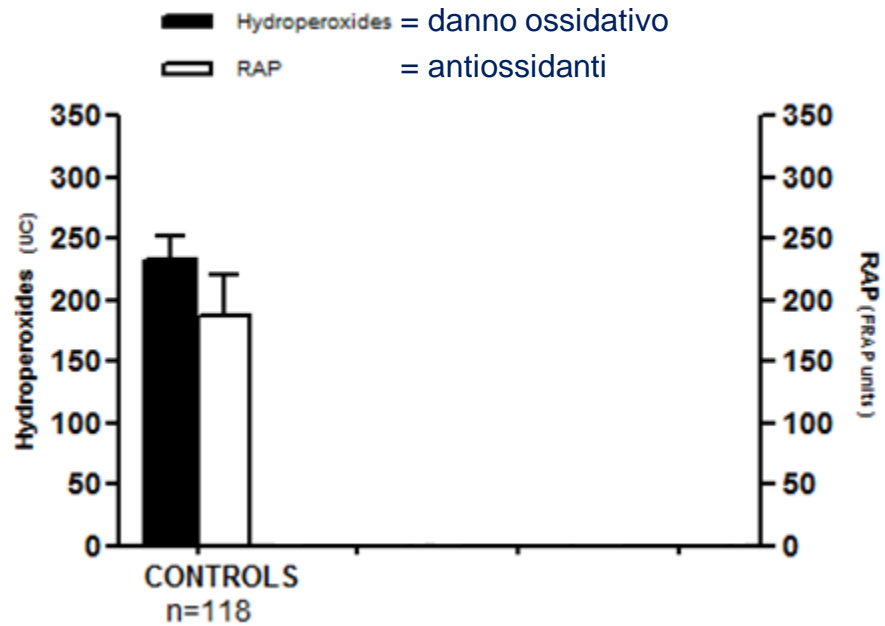
Dipartimento di Scienze Biomediche e Chirurgo Specialistiche, Università di Ferrara



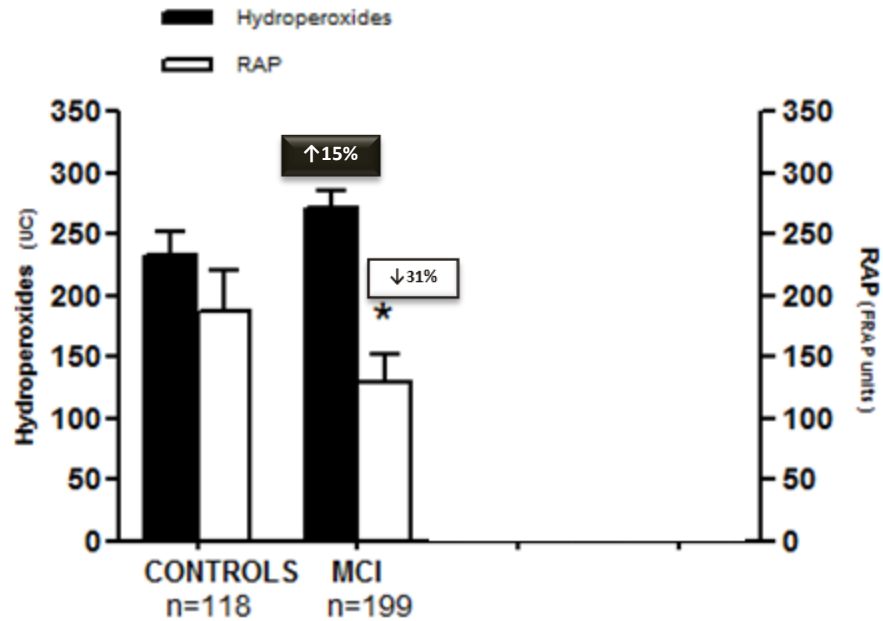
CARATTERISTICHE DEL CAMPIONE

	CONTROLS (n=143)	MCI (n=223)	VAD (n=65)	LOAD (n=162)
Age (years)*	68.8 ± 9.3	76.4 ± 6.3 ^a	77.7 ± 7.0 ^a	78.6 ± 5.6 ^a
Gender (females, %)*	76.9	60.0 ^a	54.2 ^a	70.4 ^b
Education (years)	8 (5-13)	5 (5-8)	5 (4-8)	5 (3-5)
MMSE score**	26.7 (25.2-28.3)	24.4 (22.2-26.7)	24.5 (18.7-23.4)	21.0 (18.4-23.7)
Hypertension (%)*	47.1	58.1 ^a	68.5 ^a	63.5 ^a
Smoking (%)	7.1	8.8	8.5	6.0
Diabetes (%)*	11.0	16.1 ^a	32.1 ^{a,b}	13.2 ^c
CVD (%)*	10.2	25.5 ^a	35.6 ^a	14.2 ^c
Tot. Chol. (mmol/L)	5.4 (4.7-6.1)	5.3 (4.5-6.0)	5.1 (4.7-5.8)	5.4 (4.8-6.1)
Triglycerides (mmol/L)	1.3 ± 0.7	1.4 ± 0.7	1.3 ± 0.8	1.3 ± 0.5
LDL-C (mmol/L)	3.2 (2.6-3.8)	3.10 (2.6-3.6)	3.4 (2.5-4.4)	3.3 (2.8-4.2)
HDL-C (mmol/L)	1.6 ± 0.5	1.5 ± 0.4	1.5 ± 0.4	1.6 ± 0.4
Hs.CRP (mg/dL)**	0.28 (0.10-0.59)	0.19 (0.10-0.47)	0.30 (0.11-0.61)	0.17 (0.08 -0.04)
Haemoglobin (g/dL)	137 (126-145)	134 (124-143)	133 (120-143)	131 (124-142)
Albumin (g/L)	41.0 (38.2-43.2)	40.0 (38.3-43.4)	40.4 (38.9-43.7)	41.3(38.5-43.3)

DATI TRASVERSALI

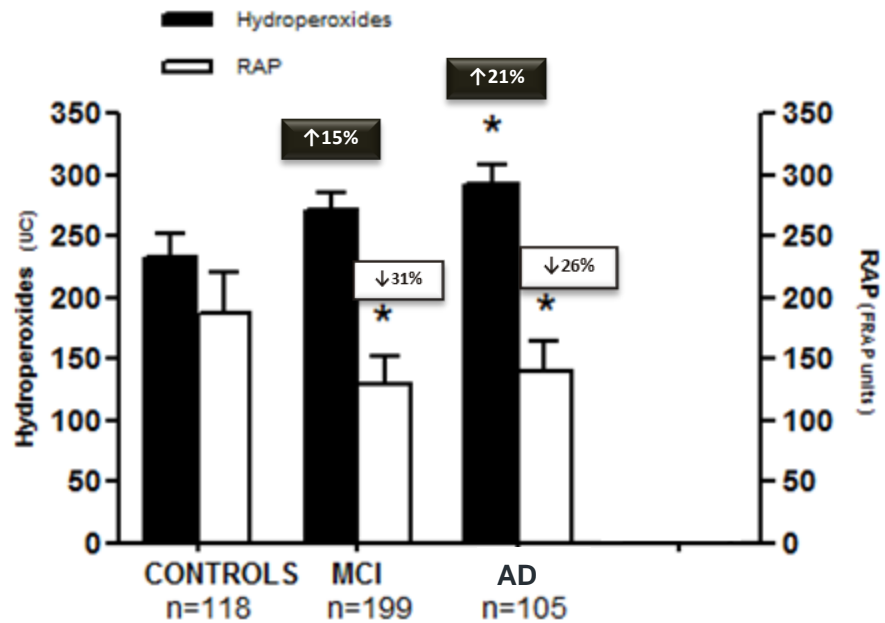


DATI TRASVERSALI



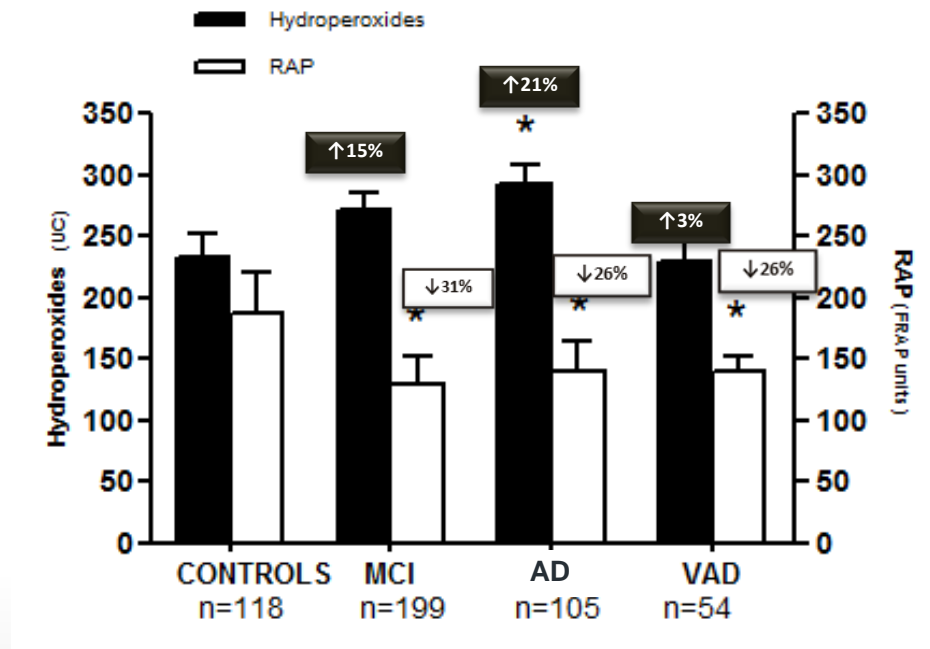
P<0.05 compared to controls
After adjustment for age, smoking and comorbidities

DATI TRASVERSALI



P<0.05 compared to controls
After adjustment for age, smoking and comorbidities

DATI TRASVERSALI



P<0.05 compared to controls
After adjustment for age, smoking and comorbidities

Cervellati C...and Zuliani G. *Biomed Research International* (2014)

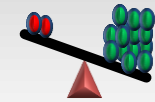
Cervellati C...and Zuliani G. *The Journal of Neurological Sciences* (2014)

A) Idroperossidi	CONTROLS	MCI
	(OR,95%C.I.)	(OR,95%C.I.)
MCI	2.59 (1.08-6.21)	-
AD	4.09 (1.36-11.81)	1.71 (0.89-3.25)

Alti livelli di idroperossidi sono associati ad un progressivo aumento della probabilità di avere MCI or AD rispetto ai controlli (Dopo aggiustamento per fattori interferenti)

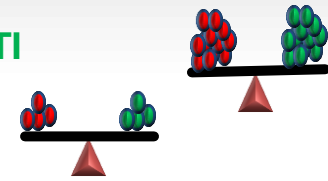
B) RAP	CONTROLS	MCI
	(OR,95%C.I.)	(OR,95%C.I.)
MCI	3.97 (1.62-9.72)	-
AD	2.31 (0.83-6.63)	0.70 (0.35-1.38)

Bassi livelli di antiossidanti sono associati ad un aumento della probabilità di avere MCI o AD, ma solo per MCI questa associazione è significativa (Dopo aggiustamento per fattori interferenti)



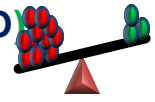
- GROUP I: **idroperossidi (danno ossidativo):bassi** & **ANTIOSSIDANTI:ALTI** (ref. group)

- GROUP II: **IDROPEROSSIDI: ALTI** & **ANTIOSSIDANTI: ALTI**

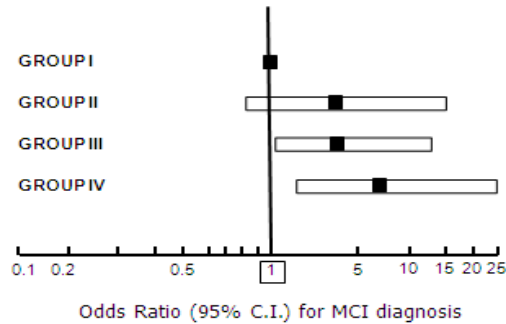


- GROUP III: **idroperossidi: bassi** & **antiossidanti: bassi**

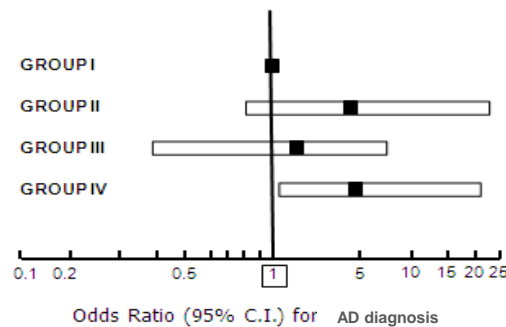
- GROUP IV: **IDROPEROSSIDI: ALTI** & **antiossidanti: bassi** (STRESS OSSIDATIVO CONCLAMATO)



A)

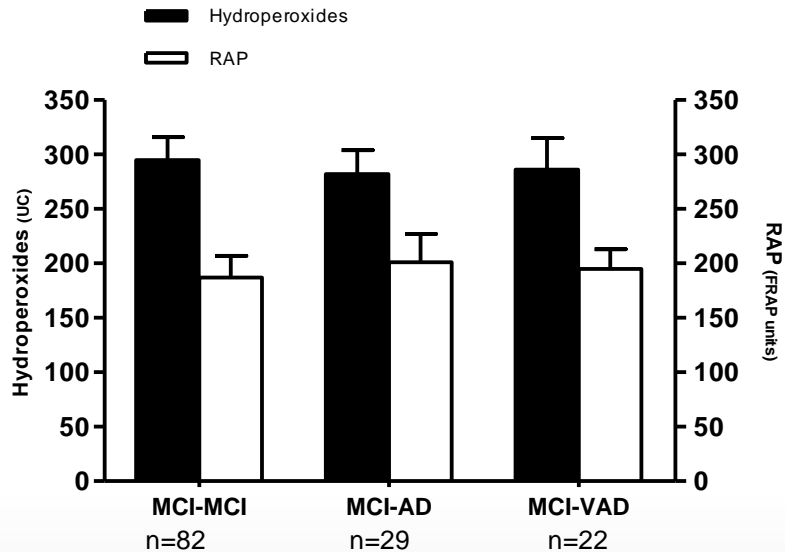


B)



Il rischio per MCI e AD aumenta quando il livello di antiossidanti e prodotti del danno ossidativo cambiano contemporaneamente da un bilancio ossidativo favorevole (alti antiossidanti -bassi idroperossidi) verso uno stress ossidativo conclamato (bassi antiossidanti- idroperossidi alti)

DATI LONGITUDINALI



I livelli “baseline” di stress ossidativo sistemico non sono predittivi della progressione da MCI a AD o VAD

IN CONCLUSIONE.....

- **Il danno da Stress Ossidativo svolge un ruolo importante nella patogenesi di AD e VAD**
- **Tale danno non si limita ai «confini» del CNS ma si riflette, PRECOCEMENTE, a livello periferico**

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Oxidative Damage Is the Earliest Event in Alzheimer Disease

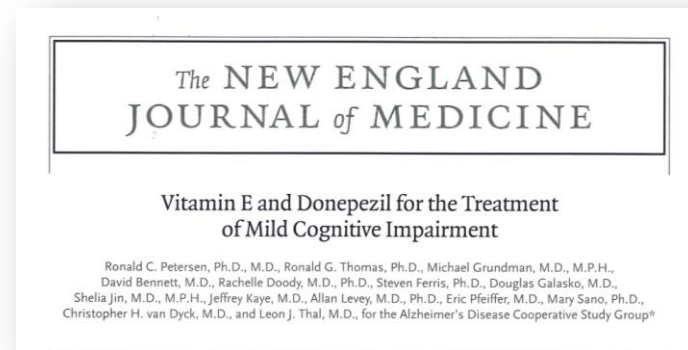
AKIHIKO NUNOMURA, MD, PHD, GEORGE PERRY, PHD, GJUMRAKCH ALIEV, MD, PHD, KEISUKE HIRAI, PHD,
ATSUSHI TAKEDA, MD, PHD, ELIZABETH K. BALRAJ, MD, PAUL K. JONES, PHD, HOSSEIN GHANBARI, PHD,
TAKAFUMI WATAYA, MD, SHUN SHIMOHAMA, MD, PHD, SHIGERU CHIBA, MD, PHD,
CRAIG S. ATWOOD, PHD, ROBERT B. PETERSEN, PHD, AND MARK A. SMITH, PHD

- **RAP e idroperossidi potrebbero essere marcatori promettenti per la DIAGNOSI di AD (e MCI) e VAD**

TERAPIE CON ANTIOSSIDANTI: CONSIGLI PER GLI ACQUISTI

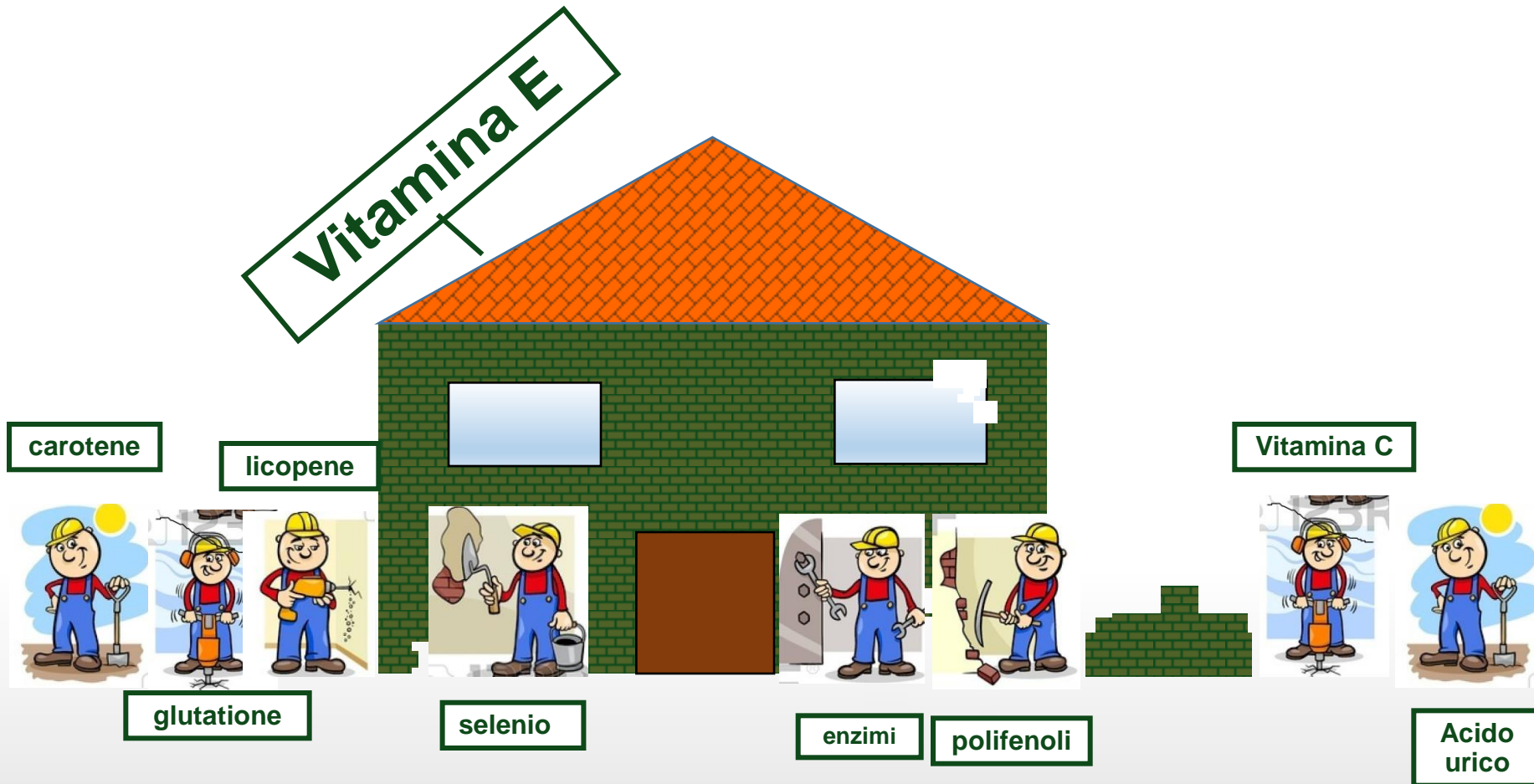
gli antiossidanti prevengono (raramente riparano) il danno da Stress Ossidativo

- ***Siccome il bilancio ossidativo è già compromesso nei pazienti con MCI, un intervento terapeutico con antiossidanti potrebbe non essere efficace in questi soggetti***

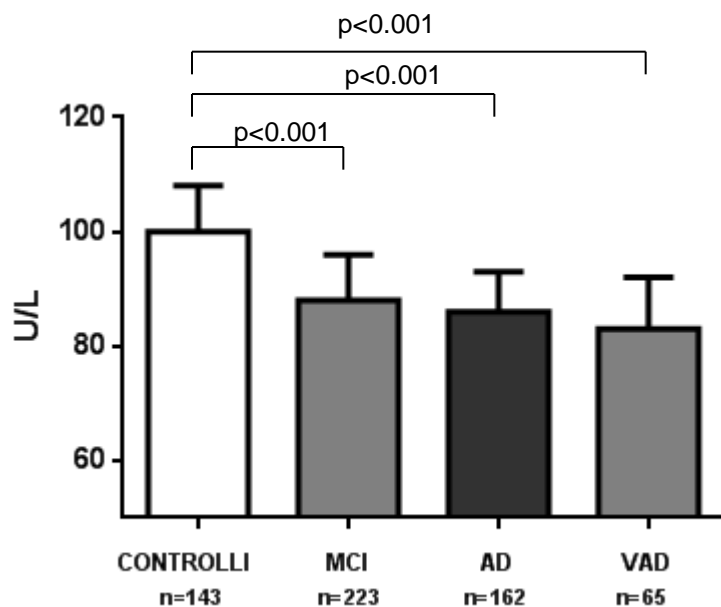


- ***L'intervento con antiossidanti potrebbe essere invece più efficace sui soggetti sani***
 - ***individuando le criticità («sbilancio ossidativo», apporto antiossidanti da dieta inadeguato)***
 - ***Tenendo presente gli antiossidanti lavorano in network***

Sinergia tra antiossidanti



**INOLTRE.....VI SONO CERTI ANTIOSSIDANTI CHE NON SI POSSONO
CORREGGERE INTERVENENDO DALL'ESTERNO, ES: PARAOSSONASI**



I livelli di Paraossonasi sono più bassi (del 10-15%) nei pazienti con MCI, VAD e AD rispetto ai sani

Cervellati C...and Zuliani G. CCLM, under revision

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My Group:

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I THANK? FOR THE ATTENTION

Clinicians:

Prof. Giovanni Zuliani

Dr. Davide Seripa

Cristina Bosi



Fig.2

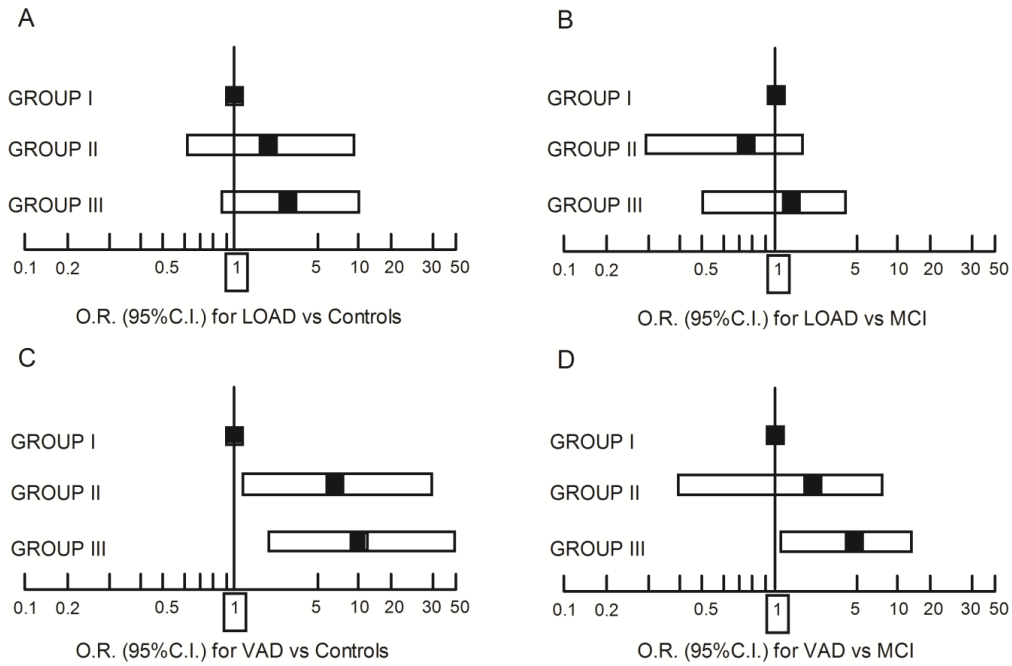


Fig. 2. Adjusted odds Ratio (95%C.I.) for the diagnosis of LOAD or VAD compared with CONTROLS or MCI in subjects with: low homocysteine AND uric acid (reference; GROUP I); high uric acid OR homocysteine (GROUP II); high homocysteine AND uric acid (GROUP III). Adjusting covariates: CVD, hypertension, diabetes, smoking, and gender.

Caratteristiche del campione

	CONTROLS (n=143)	MCI (n=223)	VAD (n=65)	LOAD (n=162)
Age (years)*	68.8 ± 9.3	76.4 ± 6.3 ^a	77.7 ± 7.0 ^a	78.6 ± 5.6 ^a
Gender (females, %)*	76.9	60.0 ^a	54.2 ^a	70.4 ^b
Education (years)	8 (5-13)	5 (5-8)	5 (4-8)	5 (3-5)
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Albumin (g/L)	41.0 (38.2-43.2)	40.0 (38.3-43.4)	40.4 (38.9-43.7)	41.3(38.5-43.3)
Creatinine (µmol/L)	79.2 (70.4-96.8)	79.2 (70.4-96.8)	96.8 (79.2-140.8)	79.2 (61.6-96.8)

* p<0.05 ANOVA or *Chi-squared* test (*post-hoc* test: a: p<0.05 vs Controls; b: p<0.05 vs MCI; c: p<0.05 vs VAD)

** p<0.05 Kruskal-Wallis

TRIALS WITH ANTIOXIDANTS

diet better than supplements

Priemé H, et al. **No effect of supplementation with vitamin E, ascorbic acid, or coenzyme Q10 on oxidative DNA damage** estimated by 8-oxo-7,8-dihydro-2'-deoxyguanosine excretion in smokers. Am J Clin Nutr. 1997;65(2):503-7.

VS

Verhagen H et al. **Reduction of oxidative DNA-damage in humans by brussels sprouts.** Carcinogenesis. 1995 ;16(4):969-70

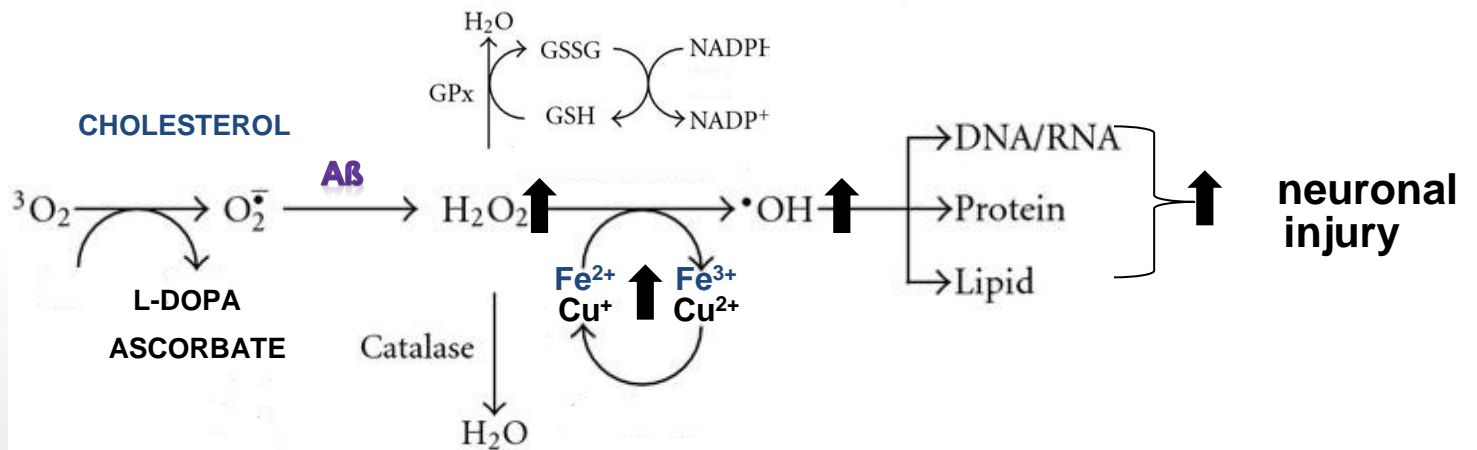
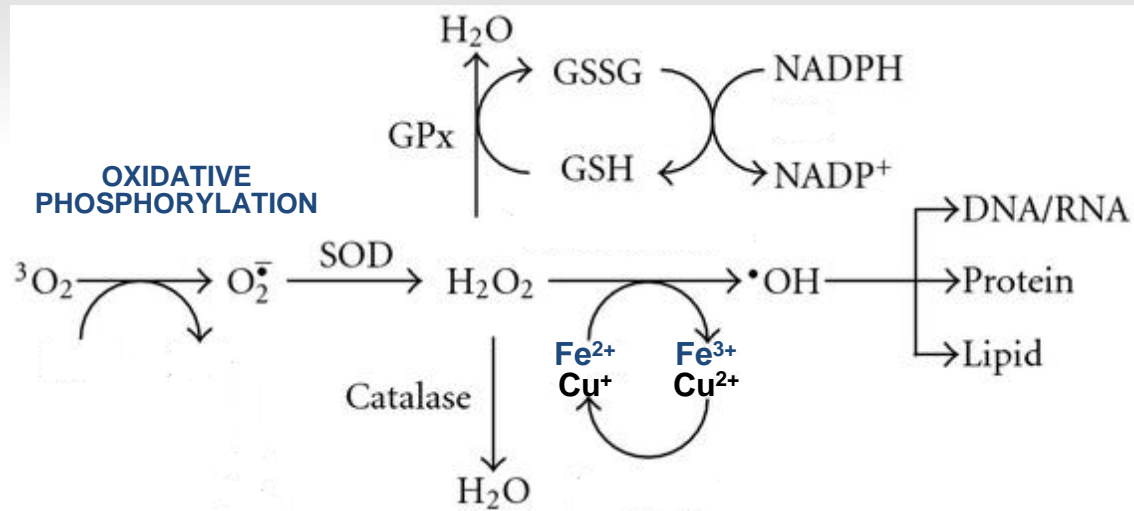
Intervention trials with antioxidants «a state of CHAOS»

Stephens NG et al. **Randomised controlled trial of vitamin E in patients with coronary disease: Cambridge Heart Antioxidant Study (CHAOS).** Lancet. 1996 23;347(9004):781-6

Gey KF. **Inverse correlation between plasma vitamin E and mortality from ischemic heart disease in cross-cultural epidemiology.** Am J Clin Nutr. 1991;53:326S-334S

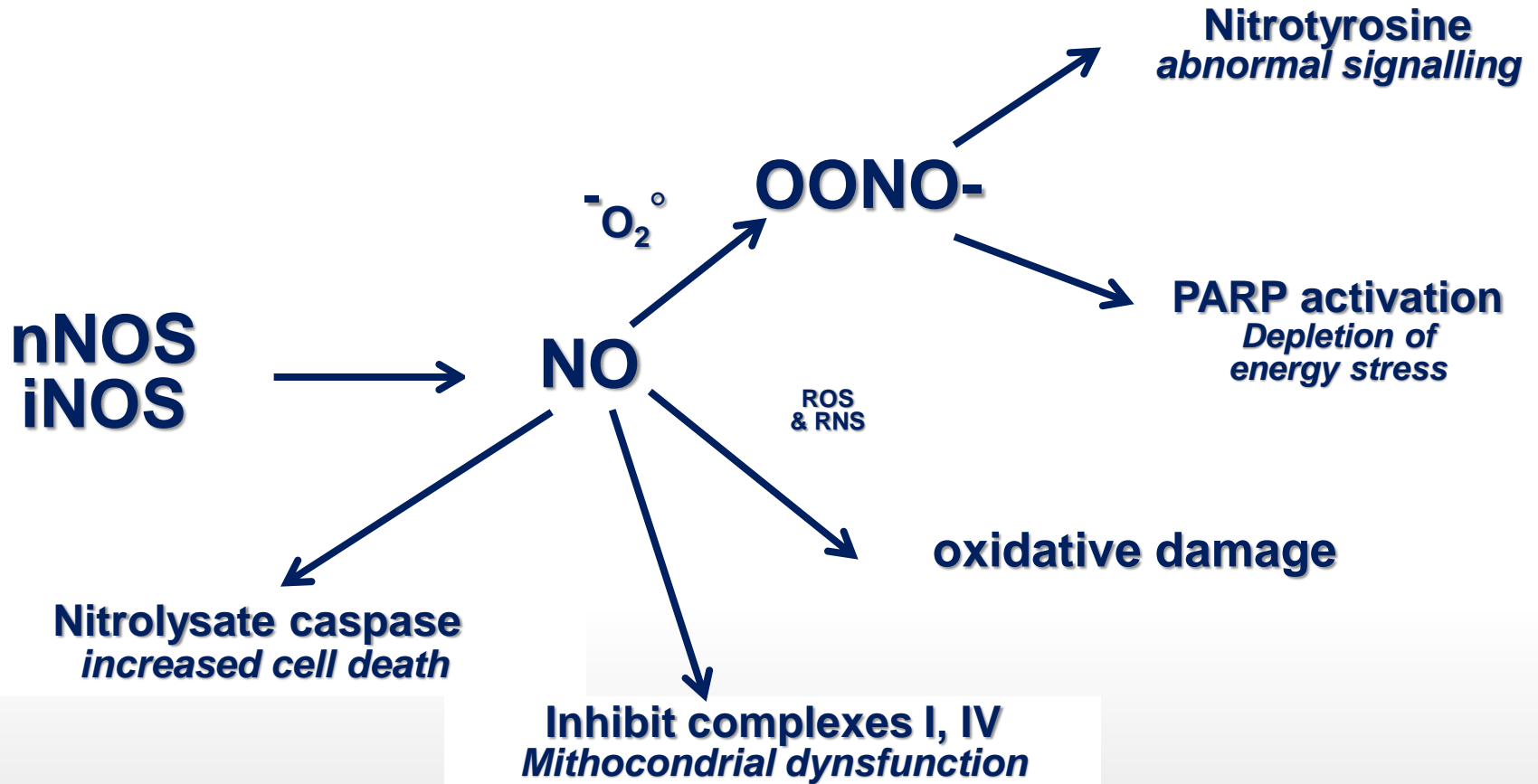
Galasko DR. et al. **Antioxidants for Alzheimer disease: a randomized clinical trial with cerebrospinal fluid biomarker measures.** Arch Neurol. 2012 Jul;69(7):836-41

Sano M. et al. **A controlled trial of selegiline, alpha-tocopherol, or both as treatment for Alzheimer's disease. .** N Engl J Med. 1997 Apr 24;336(17):1216-22



INSIDE THE
 MITOCHONDRIA IN A
 NORMALLY
 FUNCTIONING CELLS

Toxic effects of NO following ischemia



Montine TJ, Quinn JF, Milatovic D, Silbert LC, Dang T, Sanchez S, Terry E, Roberts LJ 2nd, Kaye JA, Morrow JD.

Peripheral F2-isoprostanes and F4-neuroprostanes are not increased in Alzheimer's disease.

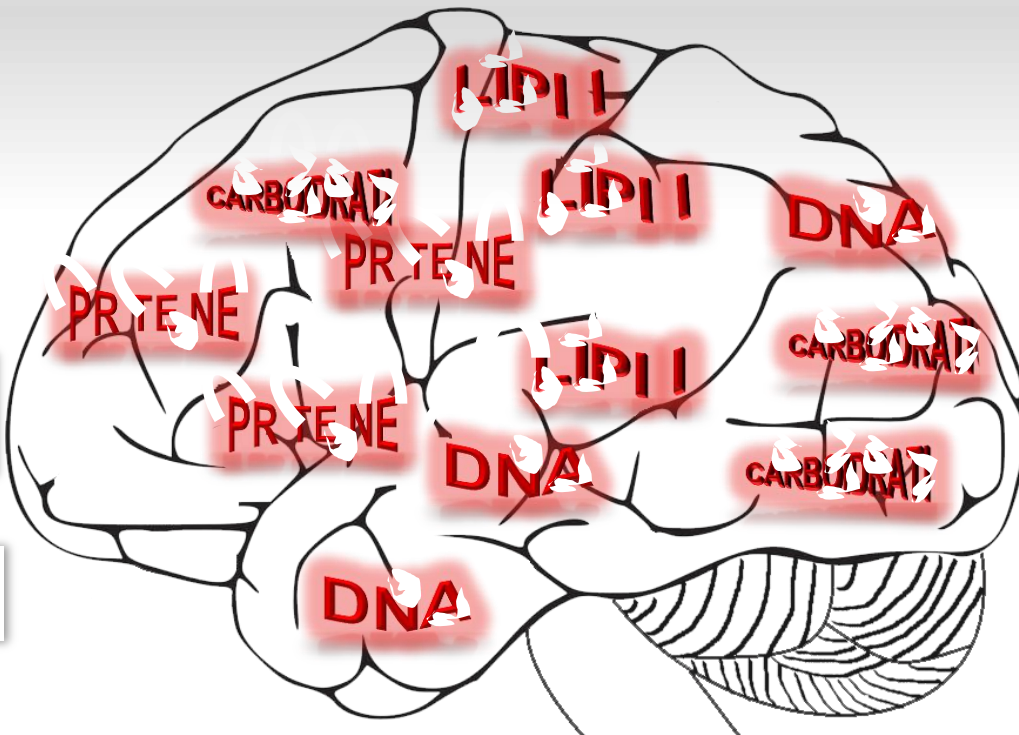
Ann Neurol. 2002;52(2):175-9

Praticò D, Clark CM, Lee VM, Trojanowski JQ, Rokach J, FitzGerald GA.

Increased 8,12-iso-iPF₂α-VI in Alzheimer's disease: correlation of a noninvasive index of lipid peroxidation with disease severity.

Ann Neurol. 2000;48(5):809-12.

Ipotesi di partenza



Bradley MA et al. Increased levels of **4-hydroxynonenal and acrolein** in the brain in preclinical Alzheimer disease. *Free Radic Biol Med* 2010

Yao Y et al. Enhanced brain levels of **8,12-iso-IPF2alpha-VI** differentiate AD from frontotemporal dementia. *Neurology*. 2003

Mecocci, U. et al. Oxidative damage to **mitochondrial DNA** is increased in Alzheimer's disease, *Ann. Neurol.* 1994;

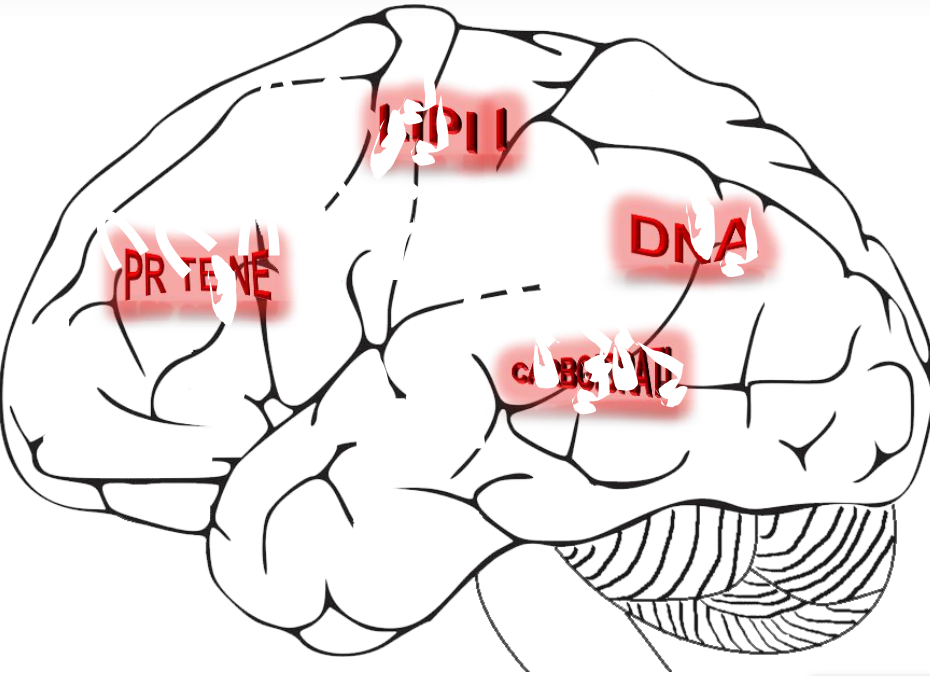
C.E. Teunissen, et al. Biochemical markers related to Alzheimer's dementia in serum and cerebrospinal fluid. *Neurobiology of aging*. 2002

Praticò D et al. Increased **F2-isoprostanes** in Alzheimer's disease: evidence for enhanced lipid peroxidation in vivo *FASEB J*, 1998

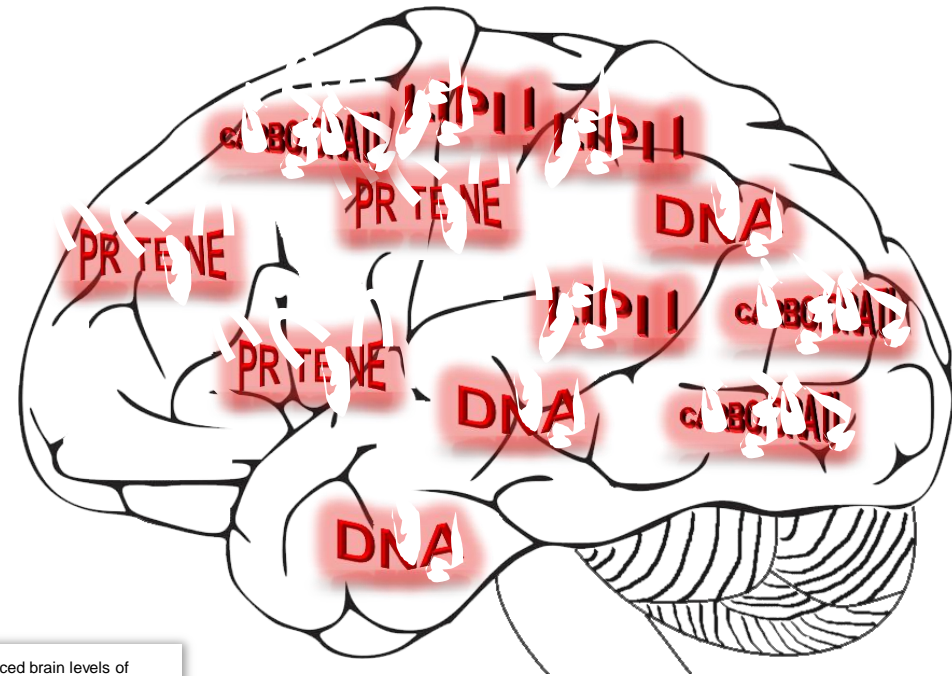
Marksbery WR et al. Lipid peroxidation is an early event in the brain in amnesic mild cognitive impairment. *Ann Neurol*. 2005.

Circolo sistemico

SANO



AD (o MCI)



Bradley MA et al. Increased levels of **4-hydroxynonenal and acrolein** in the brain in preclinical Alzheimer disease. Free Radic Biol Med 2010

Bradley MA et al. Increased levels of **4-hydroxynonenal and acrolein** in the brain in preclinical Alzheimer disease. Free Radic Biol Med 2010

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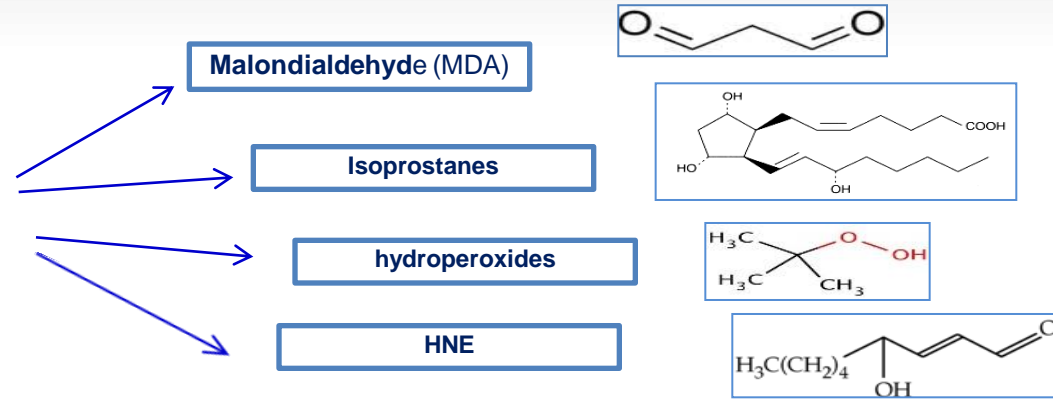
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C.E. Teunissen, et al. Biochemical markers related to Alzheimer's dementia in serum and cerebrospinal fluid. Neurobiology of aging. 2002

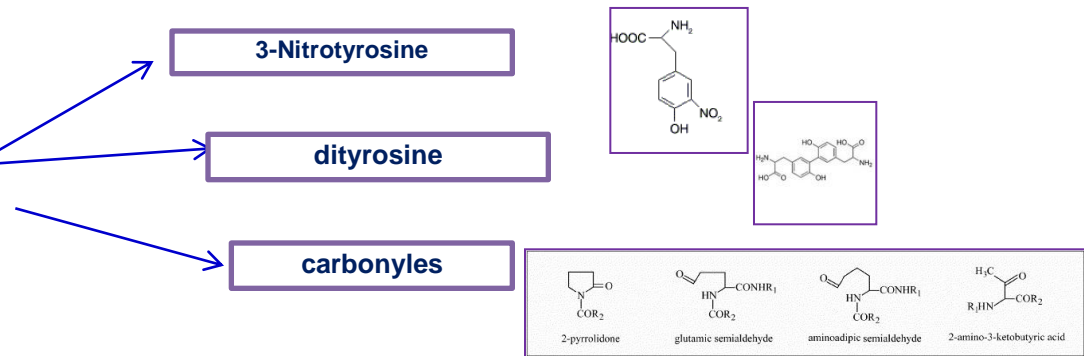
MISURA DELLO STRESS OSSIDATIVO MEDIANTE QUANTIFICAZIONE PRODOTTI

DEL DANNO OSSIDATIVO

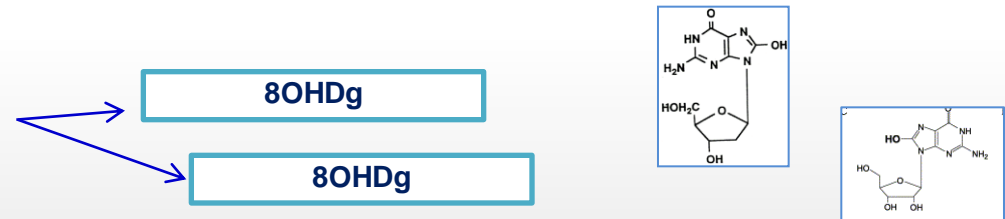
A. DANNO AI LIPIDI



B. DANNO ALLE PROTEINE



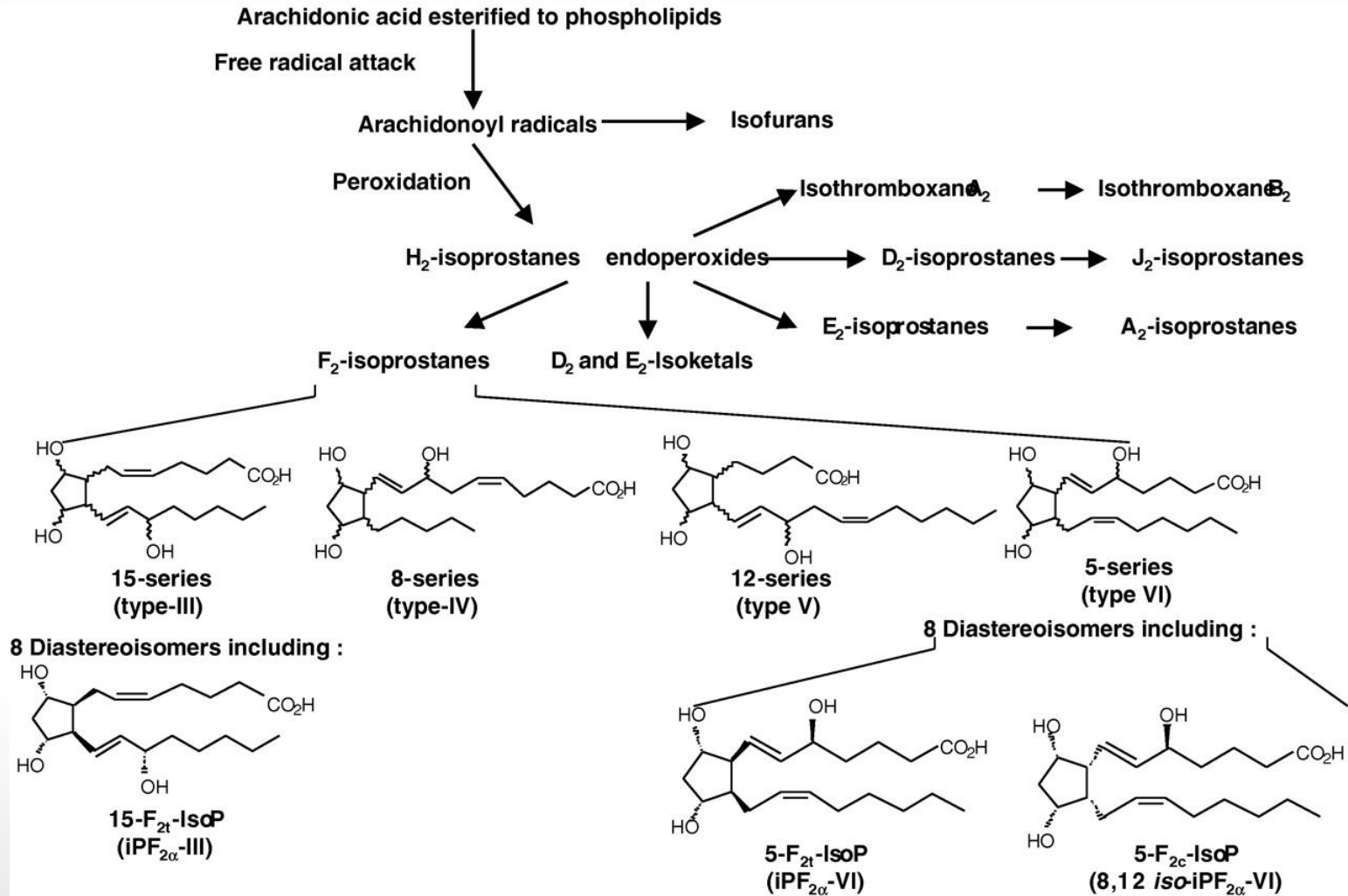
C. DANNO AGLI ACIDI NUCLEICI



D. DANNO AI CARBOIDRATI



THE ISOPROSTANE PATHWAY



Cracowski J , and Ormezzano O Eur Heart J 2004;25:1675-1678