

Full Papers

Effects of increased ambient CO₂ levels on human and animal health

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This is the last work to have been completed by Karl Ernst Schaefer, who died on December 26th 1981, in Old Lyme, Connecticut. The physiological changes and problems brought on by an excess of carbon dioxide was, for many years, one of the prime research interests of this eminent respiratory physiologist. In the present work, Schaefer explored the physiological limits of diving with varying N₂-O₂ mixtures. The paper contains a wealth of information relevant to the many still unanswered questions in the field and invaluable suggestions with respect to the course of future research. This work yielded, moreover, some interesting disease models for such disturbances as arrhythmia and bradycardia.

H. Mislin

The effects of continuous exposure to increased ambient CO₂ levels have been a cardinal problem of submarine medicine in the past and are still playing a role today.

A comprehensive program of chronic CO₂ toxicity studies was carried out at the U.S. Naval Submarine Medical Research Laboratory in Groton, Connecticut, which consisted of: 1. laboratory studies on human subjects exposed to low levels of CO₂, 2. correlated field studies on patrols of nuclear powered submarines lasting for approximately 2 months and 3. animal studies designed to unravel the mechanisms of CO₂ effects. A partial summary of these efforts has been published in a special issue of the Undersea Biomedical Research Journal under the title 'Preventive Aspects of Submarine Medicine'¹.

The data which have been obtained in this CO₂ research program are useful for an evaluation of the effects of increased ambient CO₂ levels on human and animal health, which has become the particular concern of the Department of Energy and other government agencies. Estimates vary, but it is expected that the ambient CO₂ levels which have risen since the beginning of the industrial revolution may increase up to 8-fold (to 2700 ppm) during the next century due to the continuous increase in fossil fuel consumption.

The lowest ambient CO₂ values which have been tested in chronic animal CO₂ studies are 2000 and 3000 ppm. Preliminary experiments do indicate that under these conditions effects on CO₂ target organs such as the kidneys are produced.

Regulation of respiration and acid-base balance

A summary of physiological studies on 13 Polaris patrols, in which the ambient CO₂ concentrations averaged 0.7–1% CO₂, was made by Schaefer¹. CO₂ found in the submarine atmosphere in this concentration range was identified as the only environmental contaminant that has a direct effect on respiration. A

consistent increase in respiratory minute volume based on an increased tidal volume was found. The CO₂ tolerance curves measured after 2 and 5 weeks of exposure to 1% CO₂ on patrol showed a slight decrease in slope¹.

While the effects of prolonged exposure to low levels of CO₂ on respiration were similar to those known to occur in chronic hypercapnia induced by higher CO₂ concentration ranging from 1.5% CO₂ to 3% CO₂, acid-base changes contrasted markedly^{2–5}.

Blood pH and bicarbonate exhibited cyclic changes alternating between 'metabolic' and 'respiratory' acidosis in approximately 20-day periods¹. The term 'metabolic' acidosis has been used to denote a state in which increased P_aCO₂ and decreased pH are found to be associated with a decreased blood bicarbonate level. After 3 weeks of exposure to 0.85–1% CO₂, blood pH, P_aCO₂ and blood bicarbonate began to rise and subsequently declined again after about 40 days.

Data on pH, P_aCO₂ and bicarbonate obtained in 3 patrol studies¹ and 2 laboratory experiments involving prolonged exposure to 1.5% CO₂⁶ and 1% CO₂¹ clearly exhibited the cycles in acid-base balance. The long time periods (3 weeks) required to reach a compensation during exposure to low concentrations of CO₂ (0.8–1.5% CO₂) are quite different from the 4–5-day periods needed to accomplish maximal compensation in chronic hypercapnia induced by exposure to 3%–15% CO₂. The presently accepted concepts of CO₂-induced changes in acid-base balance, particularly in regard to clinical conditions, are based on studies of the effects of high concentration of CO₂, mainly those done by Schwartz and co-workers^{7–9}.

If the times required for maximal compensation of chronic CO₂-induced acidosis produced by different CO₂ concentrations are plotted against arterial or venous CO₂ tension, a graph is obtained that exhibits a systematic difference in response to levels of 3% and above (time for compensation 3–5 days) compared to that at lower levels, where the time periods required for compensation increase with decreasing ambient CO₂ concentration² (fig. 1).

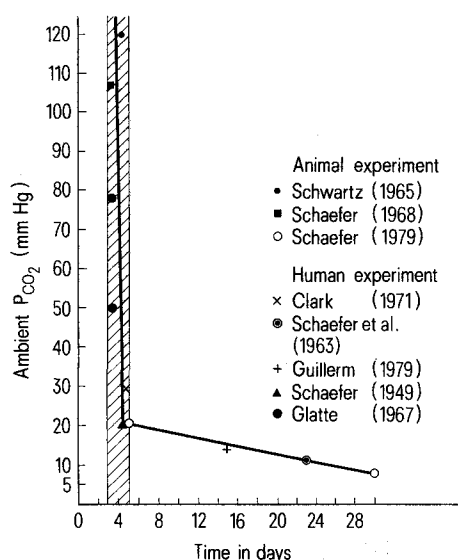


Figure 1. Time to reach maximal compensation of blood pH during prolonged exposure to different ambient CO_2 tensions. Animal and human experiments.

These data suggest that the renal regulation (bicarbonate reabsorption) is fully active during exposure to higher CO_2 concentrations but becomes less and less effective during exposure to lower CO_2 concentrations. Under the latter conditions bone buffering which has a slow time constant appears to become a dominant factor.

Calcium metabolism

The reported 20-day phases in acid-base balance during chronic low-level hypercapnia were found to be reflected in calcium homeostasis, inasmuch as blood calcium levels mirrored the pH changes and urine calcium also exhibited related phasic alterations^{1,10,12}.

It was suggested in an earlier study on calcium metabolism during exposure to 1.5% CO_2 that the initial 3-week period of decline in blood calcium corresponding to the decrease in blood pH marks a period of deposition of CO_2 in bones¹⁰. The long time-constant of bone CO_2 storage is an important factor in acid-base regulation during chronic hypercapnia. This has been confirmed by Davies^{12,13} and Poyart et al.^{14,15}. Davies¹⁶ emphasizes the rapid reduction in calcium excretion following exposure to low level hypercapnia.

The effects of prolonged exposure to low CO_2 concentrations on acid-base balance and the role of bone buffering have received little attention.

Bone CO_2 uptake in chronic hypercapnia has been shown not to follow a $\text{P}_{\text{a}}\text{CO}_2$ dependent saturation mechanism. Reichart et al.¹⁷ exposed rats to 8% CO_2 for 2, 4, 6 and 8 weeks and found that total body CO_2 uptake was still increasing after 8 weeks due to a

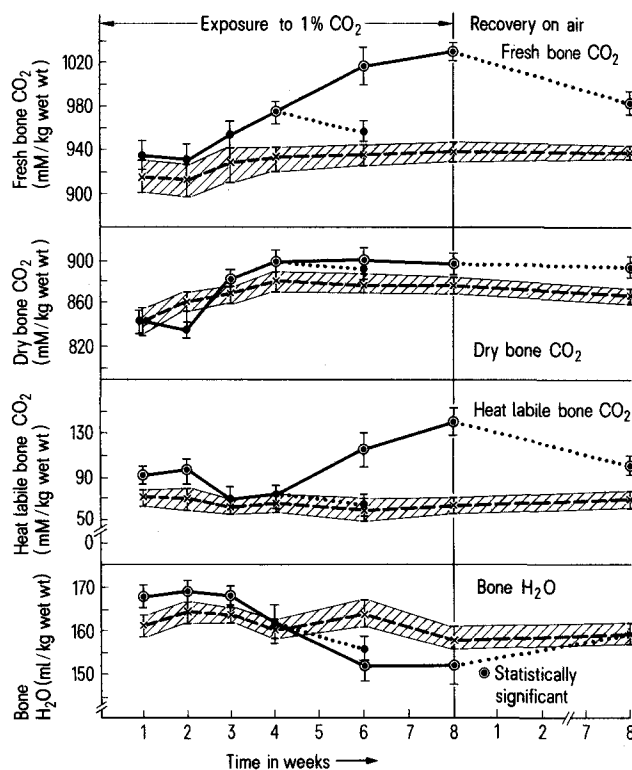


Figure 2. Effect of prolonged exposure to 1% CO_2 on total bone CO_2 content of fresh bone, dry bone, difference between fresh bone and dry bone CO_2 content (heat-labile CO_2), and bone H_2O content. Data represent means and SE, in mmol/kg wet wt. Exposed animals —, control animals ----; recovery following exposure Statistically significantly different from controls at 5% level and better. Each group of exposed animals consisted of 6 animals, each control group (littermates of the exposed guinea-pigs) of 3–4 animals (Schaefer et al.¹⁹).

continuous increase of bone CO_2 , while CO_2 uptake in liver and muscle had attained an equilibrium. The authors could not explain the disparity in the CO_2 uptake by different organs. Brown and Michel¹⁸, who studied whole body CO_2 exchange in rats during prolonged exposure to 10% CO_2 also found that the CO_2 uptake did not reach an equilibrium.

During 8 weeks of exposure to 1% CO_2 a continuous rise in bone CO_2 was observed which was particularly marked during the later periods of between 4 and 8 weeks¹⁹. Bone bicarbonate (heat labile bone CO_2) and bone carbonate (heat stable bone CO_2), determined with a titration method²⁰, displayed changes during exposure consisting of: 1. an increase in bone bicarbonate associated with a decrease in carbonate during the first 2 weeks of exposure, followed by a 2nd phase of 2 weeks in which bone bicarbonate decreased and bone carbonate increased. During a subsequent 3rd period of 4–8 weeks of exposure, bone bicarbonate rose sharply while bone carbonate remained stable (fig. 2). The phases of bone bicarbonate increase were found to be associated with bone calcium and phosphorous loss, while the phase

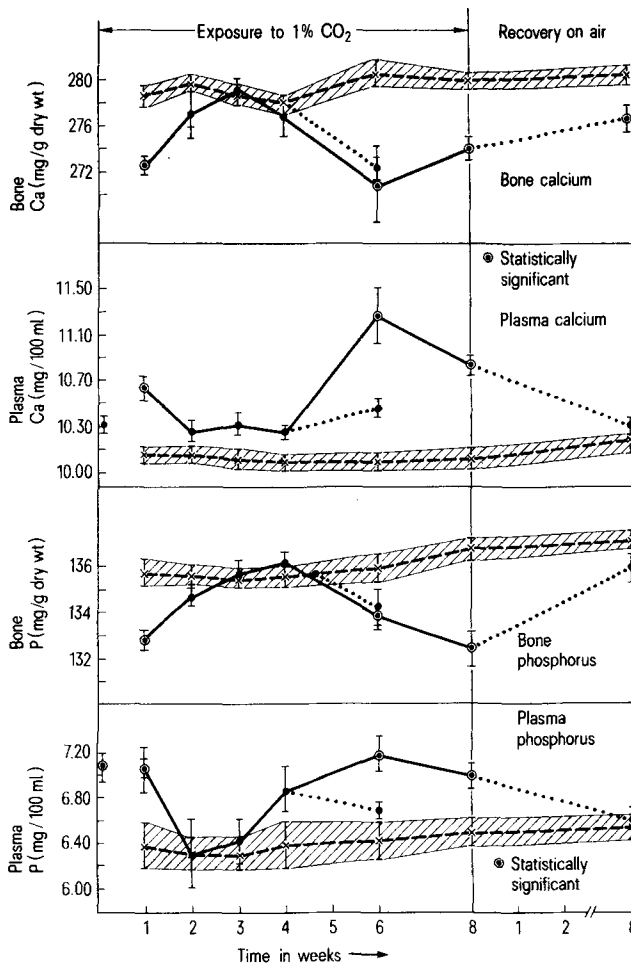


Figure 3. Effect of prolonged exposure to 1% CO₂ on bone and blood calcium and bone and blood phosphorus. Data represent means and SE, in mg/g dry wt. Exposed animals —●—; control animals ----; recovery following exposure ·····. Statistically significantly different from controls at 5% level and better. Each group of exposed animals consisted of 6 animals, each control group of 3-4 animals.

of bone carbonate loss was attended by bone calcium and phosphorous gains (fig.3). A summary of these phases is shown in table 1. Saturation of the rapidly exchanging pool of bone CO₂ associated with water influx is apparently accomplished during the first 2 weeks of exposure to 1% CO₂. During the subsequent period of the 3rd and 4th week of exposure a reversal takes place showing a dehydration and loss of heat labile CO₂, which must result in a release of gaseous CO₂ from extracellular space. The 2nd rise of the bone bicarbonate fraction after 6 weeks of exposure to 1% CO₂ was apparently based on a process which differs from the first one, because bone water and bone carbonate do not change. The process of CO₂ binding under these circumstances most likely involves deeper layers in the bone and may correspond with the increased CO₂ binding found to occur during aging, which is also associated with the loss of bone H₂O¹⁴.

Table 1. Phasic changes in bone calcium, phosphorus, carbonate, and bicarbonate produced by prolonged exposure of guinea-pigs to 1% CO₂

Exposure to 1% CO ₂ (weeks)	ΔCa	ΔP	ΔCO ₃ ²⁻	ΔHeat labile CO ₂	ΔHCO ₃ ⁻	Phases
	(meq/kg wet bone)					
1	-390	-260	0	+21	+42	I (initial HCO ₃ ⁻ uptake; CO ₃ ²⁻ decline)
2	-200	-30	-15	+25	+50	
3	-30	-5	+13	+10	+20	II (CHO ₃ uptake reduced; CO ₃ ²⁻ uptake increased)
4	-196	-50	+32	+9	+18	
6	-320	-100	+23	+62	+124	III (large HCO ₃ ⁻ uptake; CO ₃ ²⁻ remains stable)
8	-148	-180	+30	+66	+132	

Differences between experimental animals and littermate controls.

These findings suggest that the phasic changes in bone CO₂ fractions are related to the phasic changes in acid-base balance observed in animal and human experiments with prolonged exposure to low levels of CO₂.

Red cell electrolyte changes

Other effects of prolonged exposure to ambient CO₂ concentrations of 0.7-1% CO₂ in the submarine atmosphere included red cell electrolyte changes as reflected by an increase in sodium and decrease in potassium. These alterations indicative of permeability changes in the red cells were accompanied by an influx of calcium into the red cells¹.

In contrast to the effects of higher CO₂ concentrations, plasma potassium and hematocrits were found to decrease on patrols¹, which is in agreement with findings obtained in laboratory experiments³ during exposure to 2% and to 1.5% CO₂⁶.

Gastric acidity

CO₂ has been shown to be a stimulator of gastric-acid secretion in man^{21,22}. Moreover, gastric secretion was also found to increase in dogs during chronic hypercapnia²³.

Findings of increased gastric acidity obtained during prolonged exposure to 1% CO₂ on patrols¹ are in agreement with the reported effects of acute and chronic hypercapnia on gastric-acid secretion and have been taken into consideration in evaluating symptoms of pyrosis. The latter show a relatively high incidence during patrols, second only to respiratory symptoms.

Intermittent exposure to CO₂; a model showing the limitations of pulmonary and renal response to CO₂

Intermittent exposure to CO₂ is a snorkel submarine problem that has received very little attention. One pilot study involved a medical student who was on a

liquid diet and exposed for 6 days to increasing ambient CO₂ rising at a constant rate from 0.03% to 3% CO₂ during a period of 15 h²⁴. The results of the study provided a model demonstrating limitations of the respiratory and renal response to CO₂. The increase in ventilation produced by intermittent exposure to CO₂ was not sufficient to prevent CO₂ accumulation in the body. The previously accumulated CO₂ was eliminated on the 4th and 5th day during the nightly air-breathing period. The known renal response to hypercapnia, that is, an increased excretion of titratable acidity, ammonia and hydrogen ions, occurred on the 1st day of exposure. This response was interrupted during the 2nd and 3rd day and finally reappeared again during the 4th and 5th day. This 2nd delayed renal response to CO₂ appeared to coincide with the release of accumulated CO₂ from the CO₂ stores in bone as indicated by a concomitant increase in calcium excretion.

Target organs of CO₂ effects – kidneys, lungs and bones

Previous studies with prolonged exposure to CO₂ concentrations of 15%, 3% and 1.5% CO₂ had demonstrated relatively few significant histopathological changes²⁵. However, it was apparent that kidneys and lungs, organs involved in acid base balance regulation, were target organs of CO₂ effects^{26,27}.

Kidneys. More recent studies involving prolonged exposure of guinea-pigs to 1.5% and 1% CO₂ demonstrated that the incidence of kidney calcification increased with length of exposure²⁸.

Light microscopic examination of kidney tissue of guinea-pigs exposed to 1.5% CO₂, 21% O₂ and balance N₂ for periods as long as 42 days and rats exposed to the same concentrations for up to 91 days showed that the incidence of focal kidney calcification increased with length of exposure. Calcification occurred primarily in the tubules of the renal cortex. The small but consistent increases in ionized calcium observed during a 4-week exposure to 1% CO₂ may have stimulated the parathyroid, causing an increased blood calcium level independent of the 2 calcium

tides in the blood associated with marked bone calcium loss²⁸ (fig. 4).

The slightly but consistently increased level of ionized calcium found during exposure to 1% CO₂ points towards an involvement of the parathyroid gland. Administration of parathyroid hormone is known to cause kidney calcification²⁹. CO₂ has also been shown to increase PTH effects as measured by Ca⁴⁵ release from fetal bones³⁰.

Moreover, PTH stimulation may have been the cause of the acidosis observed during prolonged exposure to 1% CO₂. The decrease in standard bicarbonate found during the first 4 weeks of exposure indicates a failure of the kidney to reabsorb bicarbonate. PTH has been found to decrease bicarbonate reabsorption and to produce a systemic acidosis³¹.

These findings may stimulate research into the clinical significance of slightly increased P_aCO₂ levels in hyperparathyroid states.

The results of the studies of the effects of prolonged exposure to 1% CO₂ demonstrated that kidney calcification could be used as a criterion to establish threshold effects of chronic CO₂ exposure on target organs. Further investigations carried out on guinea-pigs exposed to 0.5% CO₂, 21% O₂ and balance N₂ for periods of up to 8 weeks showed evidence of increased kidney calcification after 8 weeks of exposure. Plasma calcium was increased at that point due to the release of bone calcium. After 8 weeks of recovery on air following 8 weeks of exposure to 0.5% CO₂, values had returned to control levels³². In a more recent investigation³³ kidney calcification was also found after prolonged exposure of guinea-pigs to 0.3% CO₂.

Lungs. The lung is another target organ of CO₂ effects. Exposure to higher concentrations of 3% and 15% CO₂ produced pulmonary hyaline membranes in guinea-pigs²⁷. The incidence of hyaline membrane formation decreased progressively after compensation of the respiratory acidosis was reached, indicating a nonspecific acidosis effect¹⁷. Ultrastructural changes associated with the CO₂-induced transient hyaline membrane formation were manifested in the disap-

Table 2. Changes in type II pneumocytes of guinea-pigs

Duration of exposures (weeks)	Experimental			Control		
	Cell diameter (μm)	No. lamellar bodies/cell	Lamellar body diameter (μm)	Cell diameter (μm)	No. lamellar bodies/cell	Lamellar body diameter (μm)
1	9.2 (1.4)	5.1 (1.4)	1.1 (0.13)	9.0 (1.6)	5.0 (1.6)	1.09 (0.13)
2	9.3 (1.2)	5.2 (1.3)	1.1 (0.12)	9.1 (1.5)	5.2 (1.5)	1.2 (0.11)
3	9.2 (1.2)	5.1 (1.5)	1.2 (0.14)	9.2 (1.5)	5.1 (1.6)	1.1 (0.13)
4	12.2 (2.0)**	9.1 (3.2)**	2.1 (0.11)*	9.1 (1.7)	5.1 (1.7)	1.1 (0.14)
6	13.5 (1.7)**	9.2 (2.1)**	2.2 (0.13)**	9.1 (1.6)	5.2 (1.6)	1.2 (0.12)
Recovery on air after 4 weeks exposure						
2 weeks' recovery	13.3 (1.9)**	9.3 (3.1)**	2.2 (0.15)**			
4 weeks' recovery	11.6 (1.9)*	7.8 (2.3)*	1.8 (0.10)*			

Values are means (±SD); experimental n=6; control, n=3 or 4; evaluations based on 150 photographs per animal. * Significantly different from controls at the 5% level and ** at the 1% level.

pearance of osmiophilic lamellar bodies (OLBs) of the type II pneumocyte. A decrease in surfactant production, indicated in a rise of minimal surface tension, was associated with these morphological changes.

Electron microscopic studies carried out in guinea-pigs exposed to 1% CO₂, 21% O₂ and balance N₂³⁴ showed ultrastructural changes in the lungs after 4 and 6 weeks of exposure that consisted of marked increases in the size and number of pneumocyte II cells. These increases were still present 2 weeks and, to a lesser extent, 4 weeks after recovery (table 2). Change in pneumocyte II cells were postulated to be compensatory reactions to impairing effects of CO₂ on the alveolar lining cell (type I cell).

No significant ultrastructural changes were found in the lungs after 4, 6 and 8 weeks of exposure of guinea-pigs to 0.5% CO₂, 21% O₂, and balance N₂³².

Bones. Studies of the effects of prolonged exposure to 1% CO₂ fraction demonstrated that bone calcium and phosphorus were significantly decreased after 8 weeks

of exposure. Bone calcium remained significantly lower after 8 weeks of recovery following 8 weeks of exposure when compared to litter mate control animals, indicating a bone demineralization¹¹.

Discussion

The question has been raised as to whether one can use a backward projection with data on the effects caused by higher CO₂ concentrations to predict effects of smaller CO₂ concentration, assuming a linear hypothesis. Our data demonstrate the existence of concentration-dependent shifts in CO₂ effects on target organs, which rules out any backward projection.

There is a systematic difference in acid-base regulation in response to levels of CO₂ of 3% and above, compared with that observed at lower CO₂ concentrations. In the former conditions, the renal regulation (bicarbonate reabsorption) is fully active and the time to reach maximal compensation of blood pH is short (3–5 days), while in the latter renal regulation becomes less effective and bone buffering, which has a slow time constant, becomes a dominant factor. This results in an extension of the times necessary to accomplish maximal compensation of blood pH to 24–30 days during exposure to 1.5% and 1% CO₂.

Another example of a concentration-dependent shift in CO₂ effects on target organs is exhibited in the ultrastructural changes of the lungs of guinea-pigs exposed to 15% CO₂ and 3% CO₂ on the one side, 1% CO₂ on the other side. The pneumocyte II cells, known to be the source of surfactant production, were found to have decreased during exposure to 15% and 3% CO₂ and to have increased during exposure to 1% CO₂^{27,34}.

There is a subtle transition from adaptation to CO₂ to adaptive diseases. With increasing length of exposure time, kidney calcification was observed in all experimental conditions with ambient CO₂ concentrations ranging from 15% CO₂ to 0.3% CO₂^{1,10,11,26,38,33}. Kidney calcification can be characterized as an adaptive disease in chronic CO₂ exposure. The same is true for bone calcium demineralization observed after 8 weeks of exposure to 1% CO₂¹⁹ as well as for the ultrastructural changes of the lungs³⁴.

Exposure times to increased ambient CO₂ levels were limited to 60–90 days and under these conditions the adaptive disease states listed above seemed to disappear if sufficient recovery time was provided. It is essential, however, for future studies to definitely establish in what time frame the CO₂ effects become irreversible. For this purpose it is necessary to carry out generation studies of CO₂ effects.

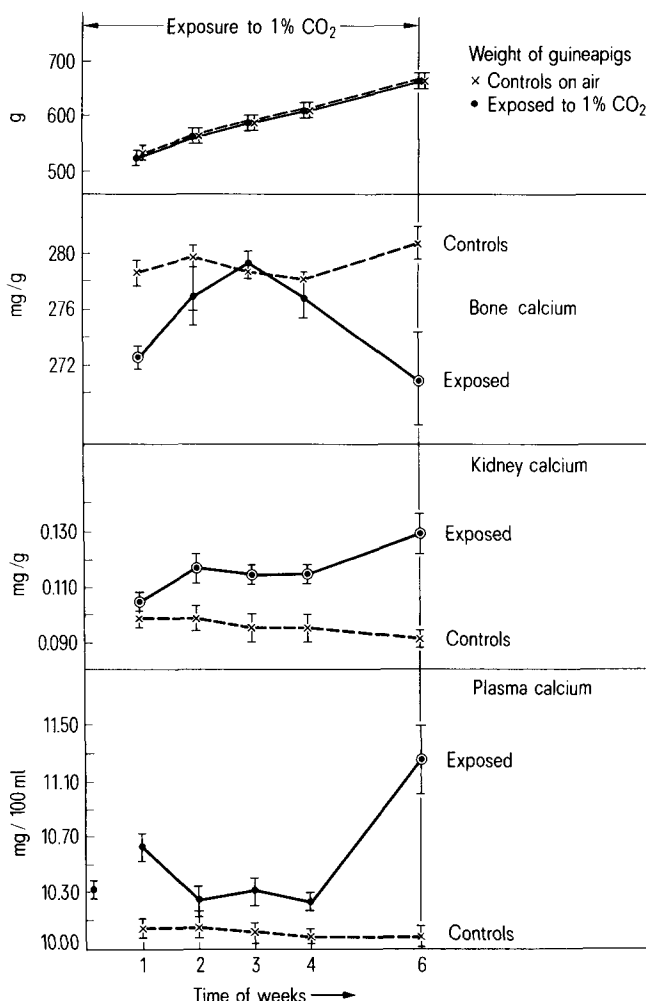


Figure 4. Effect of prolonged exposure to 1% CO₂ on body weight, bone calcium, kidney calcium, and plasma calcium in guinea-pigs. Data represent means \pm SEM. \odot = significantly different from controls at the 5% level or better. Each experimental group consisted of 6 animals, each control group of 3–4 animals (Schaefer et al.)²⁸.

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Modulation of dopaminergic transmission by alpha-noradrenergic agonists and antagonists: Evidence for antidopaminergic properties of some alpha antagonists¹

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Summary. The effects on dopamine (DA) metabolism, on ^3H -spiperone binding and on amphetamine-induced stereotypies of a variety of drugs with different actions on α_1 - and α_2 -noradrenergic (NA) receptors have been investigated.

The preferential α_2 -antagonists yohimbine, rauwolscine, piperoxane and esproquin as well as the preferential α_1 -antagonists corynanthine and WB4101 increased homovanillic acid (HVA) and 3,4-dihydroxyphenylacetic acid (DOPAC) in the rat striatum, mesolimbic area, and cortex. Prazosine and clonidine tended to