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Regulation of Bone Formation by Adiponectin Through Autocrine/Paracrine and Endocrine Pathways

Yusuke Shinoda,[1] Masayuki Yamaguchi,[1] Naoshi Ogata,[1] Toru Akune,[1] Naoto Kubota,[2] Toshimasa Yamauchi,[2] Yasuo Terauchi,[2] Takashi Kadowaki,[2] Yasuhiro Takeuchi,[3] Seiji Fukumoto,[3] Toshiyuki Ikeda,[1] Kazuto Hoshi,[1] Ung-il Chung,[1] Kozo Nakamura,[1] and Hiroshi Kawaguchi[1]*

[1]Department of Sensory & Motor System Medicine, Faculty of Medicine, University of Tokyo, Tokyo 113-8655, Japan
[2]Department of Metabolic Diseases, University of Tokyo, Faculty of Medicine, Tokyo 113-8655, Japan
[3]Department of Endocrinology & Nephrology, Faculty of Medicine, Faculty of Medicine, University of Tokyo, Tokyo 113-8655, Japan

Abstract Since interaction between bone and lipid metabolism has been suggested, this study investigated the regulation of bone metabolism by adiponectin, a representative adipokine, by analyzing deficient and overexpressing transgenic mice. We initially confirmed that adiponectin and its receptors were expressed in osteoblastic and osteoclastic cells, indicating that adiponectin can act on bone not only through an endocrine pathway as a hormone secreted from fat tissue, but also through an autocrine/paracrine pathway. There was no abnormality in bone mass or turnover of adiponectin-deficient (Ad−/−) mice, possibly due to an equivalent balance of the two pathways. In the culture of bone marrow cells from the Ad−/− mice, osteogenesis was decreased compared to the wild-type (WT) cell culture, indicating a positive effect of endogenous adiponectin through the autocrine/paracrine pathway. To examine the endocrine action of adiponectin, we analyzed transgenic mice overexpressing adiponectin in the liver, and found no abnormality in the bone. Addition of recombinant adiponectin in cultured osteoprogenitor cells suppressed osteogenesis, suggesting that the direct action of circulating adiponectin was negative for bone formation. In the presence of insulin, however, this suppression was blunted, and adiponectin enhanced the insulin-induced phosphorylations of the main downstream molecule insulin receptor substrate-1 and Akt. These lines of results suggest three distinct adiponectin actions on bone formation: a positive action through the autocrine/paracrine pathway by locally produced adiponectin, a negative action through the direct pathway by circulating adiponectin, and a positive action through the indirect pathway by circulating adiponectin via enhancement of the insulin signaling. J. Cell. Biochem. 99: 196–208, 2006.

Key words: adiponectin; adipokine; fat; osteoblast; bone

Adiponectin, also called Acrp30, apM1, and adipoQ, is a recently discovered adipokine that is synthesized and secreted mainly by fat tissue [Scherer et al., 1995; Hu et al., 1996; Maeda et al., 1996; Nakano et al., 1996]. It is a 244-amino acid protein structurally similar to tumor necrosis factor-α (TNF-α) with an N-terminal collagenous repeat and a C-terminal globular domain [Hu et al., 1996]. Although it is abundant in plasma, the level is reduced in association with obesity and obesity-linked diseases including type 2 diabetes, unlike most other adipokines including leptin, resistin, TNF-α, and interleukin-6 (IL-6) [Arita et al., 1999; Hotta et al., 2000; Weyer et al., 2001; Matsubara et al., 2002; Ukkola and Santaniemi, 2002]. Accumulated evidence has shown that adiponectin plays important roles in the regulation of insulin sensitivity, energy homeostasis, atherogenic changes of vessels, and inflammatory responses [Berg et al., 2001; Combs et al.,

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*Correspondence to: Hiroshi Kawaguchi, MD, PhD, Sensory & Motor System Medicine, Faculty of Medicine, University of Tokyo, Hongo 7-3-1, Bunkyo, Tokyo 113-8655, Japan. E-mail: kawaguchi-ort@h.u-tokyo.ac.jp
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2001; Fruebis et al., 2001; Diez and Iglesias, 2003], indicating that adiponectin possesses potent functions in various tissues. Two adiponectin receptors, AdipoR1 and AdipoR2, were recently identified: the former is predominantly expressed in muscle whereas the latter in the liver [Yamauchi et al., 2003a]. Expression of both receptors has also been reported at high levels in human and rat pancreatic β cells, and their presence is suggested to be one mechanism for modulating the effects of circulating adiponectin [Kharroubi et al., 2003].

The low incidence of osteoporosis in obese people [Felson et al., 1993; Tremollieres et al., 1993], suggested a hypothesis whereby bone and adipose tissues would be controlled by the same hormone(s). Testing this hypothesis revealed that leptin, another representative adipokine regulating the fat mass, is a powerful inhibitor of bone formation by way of a sympathetic nerve system [Ducy et al., 2000; Takeda et al., 2002]. The adiponectin signal is also suggested to be involved in bone homeostasis since expressions of adiponectin, AdipoR1, and AdipoR2 were detected in human primary osteoblasts [Berner et al., 2004] and exogenous adiponectin has been reported to regulate osteoblast functions [Luo et al., 2005; Oshima et al., 2005]. A clinical study also showed that serum adiponectin was inversely associated with bone density [Lenchik et al., 2003]. Despite accumulation of evidence for adiponectin being a possible signal linking fat mass to bone mass, its physiological function on bone metabolism remains unclarified. Hence, the present study investigated the effects of gain and loss of functions of adiponectin on bone metabolism by analyzing adiponectin deficient and overexpressing transgenic mice.

MATERIALS AND METHODS

Animals

The adiponectin-deficient (Ad−/−) mice were generated and maintained as reported previously [Kubota et al., 2002]. In each analysis of Ad−/− mice, homozygous wild-type (WT) and Ad−/− male mice that were littermates generated from the intercross between heterozygous mice were compared. The transgenic (Ad-Tg) mice that overexpress the mouse globular adiponectin driven by the human serum amyloid P component (SAP) promoter, so that the adiponectin expression is limited to liver, were generated as described previously [Yamauchi et al., 2003b]. In each analysis of Ad-Tg mice, male Ad-Tg and WT littermates that were generated from the intercross between heterozygous mice were compared. All mice were kept in plastic cages under standard laboratory conditions with a 12-h dark, 12-h light cycle, a constant temperature of 23°C, and humidity of 48%. The mice were fed a standard rodent diet (CE-2; CLEA Japan, Inc.) containing 25.2% protein, 4.6% fat, 4.4% fiber, 6.5% ash, 3.44 kcal/g, 2.5 IU vitamin D_3/g, 1.09% calcium, and 0.93% phosphorus with water ad libitum. All experiments were performed on male mice at 8 weeks of age and were reviewed and approved by the Medical Animal Care and Use Committee of the University of Tokyo.

Expression Patterns of Adiponectin and its Receptors

Bone marrow cells were collected from long bones of 8-week-old WT mice. For isolation of osteoblasts, calvariae of neonatal WT and Ad−/− mice were digested for 10 min at 37°C in an enzyme solution containing 0.1% collagenase and 0.2% dispase five times, and cells isolated by the last four digestions were combined. For cells of osteoclastic lineage, we used the culture of macrophage colony-stimulating factor (M-CSF)-dependent bone marrow macrophages (M-BMMΦ) as reported previously [Kobayashi et al., 2000]. Briefly, bone marrow cells from WT and Ad−/− mice were seeded at a density of 3×10^5 cells/well in a 24-multi-well plate and cultured in αMEM (Invitrogen, Carlsbad, CA) containing 10% FBS (HyClone Laboratories, Inc., Logan, UT), with macrophage colony-stimulating factor (M-CSF; 100 ng/ml). After culturing for 3 days, adherent cells were isolated as M-BMMΦ and used as osteoclast precursors. For mature osteoclasts, M-BMMΦ were further cultured with M-CSF (100 ng/ml) and soluble receptor activator of nuclear factor κB ligand (RANKL; 100 ng/ml) for 3 days, and multi-nucleated cells were isolated. In addition to these primary cells, mouse bone marrow-derived stromal cell line ST2 cells (RIKEN Cell Bank, Tsukuba, Japan) were cultured in αMEM/10% FBS to subconfluency, and harvested. To investigate the expression of adiponectin and its receptors AdipoR1 and AdipoR2 in the bone cells above, RT-PCR was performed within an exponential phase of the amplification. An aliquot (1 μg) of total RNA extracted

using an ISOGEN kit (Wako Pure Chemical Industries, Ltd.) was reverse transcribed using Super Script reverse transcriptase (Takara Shuzo Co., Ltd., Shiga, Japan) with random hexamer (Takara Shuzo), and 5% of the reaction mixture was amplified with LA-Taq DNA polymerase (Takara Shuzo) using specific primer pairs: 5′-TGTTGCTGGGAGCTGTTCTACTG-3′ and 5′-ATGTCTCCCTTAGGACCAATAAG-3′ for adiponectin, 5′-GAAGACAGTGGGTA-CATGCGAATG-3′ and 5′-CCTCATGGAGGAA-GGCACTGCTG-3′ for AdipoR1, 5′-GCACCG-CCGAGATGGACTGCTGAA-3′ and 5′-GG-C-GGAAAGAGGATGGAGGTGACG-3′ for AdipoR2, and 5′-CATGTAGGCCATGAGGTCCAC-CAC-3′ and 5′-TGAAGGTCGGTGTGAACGGA-TTTGGC-3′ for G3PDH. Up to 25 cycles of amplification were performed with a Perkin Elmer PCR Thermal Cycler (PE-2400; Perkin-Elmer Corp., Norwalk, CT) at 94°C for 30 sec, at 52–60°C for 60 sec, and at 72°C for 90 sec. As negative controls to exclude genomic amplification, total RNA without reverse transcription was directly used for PCR.

Analysis of Skeletal Morphology

A bone radiograph of whole bodies, femurs, and tibiae was taken with a soft X-ray apparatus (SOFTEX, CMB-2, Tokyo, Japan). Bone mineral density (BMD; mg/cm^2) of the right femurs, tibiae, and L2-L5 vertebral bodies were determined using dual-energy X-ray absorptiometry (DEXA) (PIXImus^{TM} Mouse Densitometer; Lunar Corp., Madison, WI), according to the manufacturer's instructions. All histological analyses were carried out using left tibiae of 8-week-old mice. For the assessment of dynamic histomorphometric indices, mice were injected subcutaneously with 8 mg/kg BW of calcein at 10 days and 3 days before sacrifice. After the sacrifice, the left tibiae were excised, fixed with ethanol, and the undecalcified bones were embedded in glycolmethacrylate. Three micrometers sagittal sections from the proximal parts of the tibiae were stained with Villanueva–Goldner and were visualized under fluorescent light microscopy for calcein labeling. The specimens were subjected to histomorphometric analyses using a semiautomated system (Osteoplan II; Carl Zeiss). Parameters for the trabecular bone were measured in an area 1.2 mm in length from 250 μm below the growth plate at the proximal metaphysis of the tibiae. Nomenclature, symbols, and units are those recommended by the Nomenclature Committee of the American Society for Bone and Mineral Research [Parfitt et al., 1987].

Bone Marrow Cell Cultures

Bone marrow cells were collected from long bones of 8-week-old WT and Ad−/− male littermates. Cells were plated at a density of 10^6 cells on a six-multi-well plate in αMEM containing 10% FBS, with 50 μg/ml ascorbic acid, and 10 mM β-glycerophosphate for osteogenesis assay, and with 1 μM troglitazone for the adipogenesis assay. For the alkaline phosphatase (ALP) staining, cultured plates were rinsed with PBS, fixed in 100% ethanol at 10 days of culture, and stained with Tris-HCl-buffered solution (pH 9.0) containing naphthol AS-MX phosphate as a substrate and Fast Blue BB salt (Sigma-Aldrich, St. Louis, MS) as a coupler. For the Alizarin red staining, cultured plates were rinsed with PBS at 21 days of culture, fixed in 10% buffered formalin, and stained with 2% Alizarin red S (pH 4.0) (Sigma-Aldrich). For the analysis of adipogenesis, the medium was supplemented with 1 μM troglitazone (Sankyo Pharmaceutical Co., Tokyo) for 10 days, fixed in 10 mM sodium periodate, 2% paraformaldehyde, 75 mM L-lysin dihydrochloride, and 37.5 mM sodium phosphate, and then stained in a filtered solution of 0.3% oil red O in 60% isopropanol for 15 min. The red-stained, lipid vacuole-containing cells in a well were counted.

Osteoclast Formation Assay

Tartrate resistant acid phosphatase (TRAP)-positive multi-nucleated osteoclasts were generated by coculturing bone marrow cells (5×10^5 cells/well) and calvarial osteoblasts (1×10^4 cells/well), derived from either WT or Ad−/− littermates, in a 24-multi-well plate for 6 days in αMEM containing 10% FBS and $1,25(OH)_2D_3$ (10 nM). The staining was performed at pH 5.0 in the presence of L(+)-tartaric acid using naphthol AS-MX phosphate (Sigma-Aldrich) in N, *N*-dimethyl formamide as the substrate. Cells positively stained for TRAP containing more than three nuclei were counted as osteoclasts.

Effects of Recombinant Adiponectin on Bone Marrow Cells and ST2 Cells

Recombinant mouse full-length adiponectin expressed in *Escherichia coli* was isolated and

purified as previously described [Yamauchi et al., 2003a]. Bone marrow cells collected from long bones of WT mice were plated at a density of 10^6 cells/well in a six-multi-well plate, cultured with 0, 3, and 10 μg/ml of recombinant adiponectin in αMEM/10% FBS/ascorbic acid/β-glycerophosphate in the presence and absence of insulin (10 nM), and stained with ALP and Alizarin red after 10 and 21 days, respectively, as described above. ST2 cells were inoculated at a density of 1×10^4 cells/well in a 24-multi-well plate, cultured with 0, 1, 3 and 10 μg/ml of recombinant adiponectin in αMEM/10% FBS/ascorbic acid with insulin-like growth factor-I (IGF-I, 100 nM) or bone morphogenetic protein-2 (BMP-2, 10 nM). At 7 days of culture, cells were sonicated in 10 mM Tris-HCl buffer (pH 8.0) containing 1 mM $MgCl_2$ and 0.5% Triton X-100. ALP activity in the lysate was measured using a Wako ALP kit (Wako Pure Chemical) and the protein content was determined using BCA protein assay reagent (Pierce Biotechnology, Rockford, IL).

Immunoprecipitation and Immunoblotting

For immunoprecipitation and immunoblotting, bone marrow cells collected from long bones of WT mice were plated at a density of 2×10^6 cells/well in a 6 cm dish and cultured for 10 days as described above. After 6 h of serum starvation, cells were cultured with or without 10 μg/ml of recombinant adiponectin for 24 h. Cells were then stimulated with insulin (100 nM) or the vehicle for 10 min, and lysed with TNE buffer (10 mM Tris-HCl, 150 mM NaCl, 1% NP-40, 1 mM EDTA, 10 mM NaF, 2 mM Na_3VO_4, 1 mM aminoethyl-benzenesulfonyl fluoride, and aprotinin). A part of the cell lysates (100 μg) were immunoprecipitated with an anti-insulin receptor substrate (IRS)-1 antibody (Upstate, Waltham, MA) conjugated to protein G-Sepharose (Invitrogen) overnight at 4°C. The cell lysates with or without the immunoprecipitation that contained an equivalent amount of protein (20 μg) were electrophoresed by 8% SDS–PAGE, and transferred to PVDF membrane. After blocking with 5% BSA solution, they were incubated with either anti-phosphotyrosine (clone 4G10), anti-mouse phospho-Akt (Ser 472), anti-mouse Akt, or anti-mouse IRS-1 antibody (all from Upstate). Immunoreactive bands were stained using the ECL chemiluminescence reaction (Amersham Co., Arlington Heights, IL).

Statistical Analysis

Means of groups were compared by ANOVA and significance of differences was determined by post hoc testing using Bonferroni's method.

RESULTS

Expressions of Adiponectin and its Receptors in Bone Cells

Because adiponectin and its two receptors AdipoR1 and AdipoR2 were reported to be differentially expressed in a variety of cells and tissues [Yamauchi et al., 2003a; Berner et al., 2004], we first investigated their expressions in cells of osteoblastic and osteoclastic lineages by RT-PCR (Fig. 1). All mRNA expressions were detected in bone marrow cells, calvarial osteoblasts, osteoclast precursor M-BMMΦ, and isolated mature osteoclasts that were derived from WT mice, suggesting that they are ubiquitously expressed in various

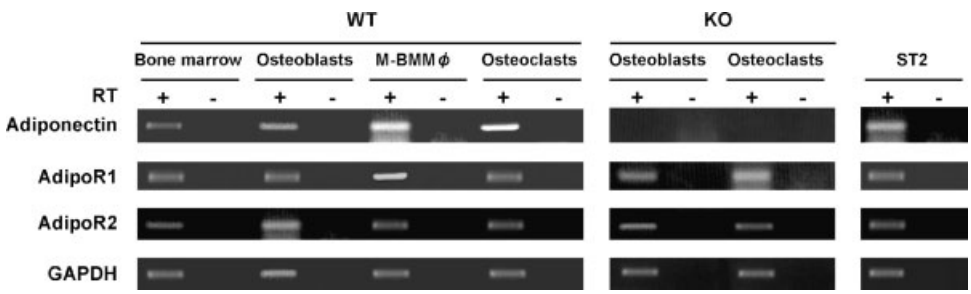

Fig. 1. Expressions of adiponectin and its receptors AdipoR1 and AdipoR2 in cells of osteoblastic and osteoclastic lineages derived from WT and Ad−/− mice by RT-PCR. Total RNA was extracted from bone marrow cells collected from adult mouse long bones, neonatal mouse calvarial osteoblasts, osteoclast precursor M-CSF-dependent bone marrow macrophages (M-BMMΦ), mature osteocalsts formed and isolated from the culture of M-BMMΦ with M-CSF and RANKL, and mouse bone marrow-derived stromal cell line ST2 cells. An aliquot of total RNA with (+) or without (−) reverse transcription (RT) was amplified using specific primers within an exponential phase of the amplification.

kinds of cells in bone. Although adiponectin was confirmed not to be expressed in the Ad−/− cells, AdipoR1, and AdipoR2 were detected in both osteoblasts and osteoclasts. In addition, all were also detected in a mouse stromal cell line ST2. These results indicate that adiponectin acts on bone not only through an endocrine pathway as a hormone secreted from fat tissue, but also through an autocrine/paracrine pathway. To elucidate the actions of adiponectin through these distinct pathways, we next performed experiments using the deficient and overexpressing transgenic mice.

No Abnormality in Bone of Adiponectin-Deficient Mice In Vivo

To examine the role of endogenous adiponectin in bone metabolism, we analyzed the bones of Ad−/− mice. Ad−/− mice developed and grew normally, indicating that adiponectin is not involved in the regulation of skeletal growth. X-ray analyses showed no significant difference in the skeleton between Ad−/− and WT littermates at 8 weeks of age (Fig. 2A). BMDs of the entire femurs, tibiae, and vertebrae (L2-L5) were also similar between mice of the two genotypes (Fig. 2B). In accordance with X-ray and BMD findings, histological analyses of the proximal tibiae of 8-week-old Ad−/− mice by the Villanueva–Goldner staining revealed no difference in bone phenotypes from those of WT littermates (Fig. 2C). The growth plate at the proximal tibiae of Ad−/− mice also seemed similar to that of WT, consistent with the lack of contribution of adiponectin to the skeletal growth. Bone histomorphometric measurements in this area supported these histological observations (Table I): there was no difference between Ad−/− and WT littermates in bone volume (BV/TV), bone formation parameters (Ob.S/BS & BFR), or bone resorption parameters (Oc.S/BS & ES/BS).

Suppression of Osteogenesis in the Culture of Adiponectin-Deficient Bone Marrow Cells

Considering that adiponectin acts through both endocrine and autocrine/paracrine pathways, the lack of abnormal phenotype in the bones of Ad−/− mice, which are not bone-specific conditional knockout mice but conventional knockout mice, may possibly be due to the equivalent balance of the two pathways. To examine the specific effect of the autocrine/paracrine action of adiponectin, in vitro cultures of bone marrow cells from Ad−/− and WT mice were compared. Surprisingly, osteogenesis determined by the number of colonies positively stained with ALP and Alizarin red was significantly decreased in the Ad−/− marrow cell culture as compared with that in the WT culture, suggesting a positive effect of the autocrine/paracrine action on bone formation (Fig. 3A, left and middle panels). However,

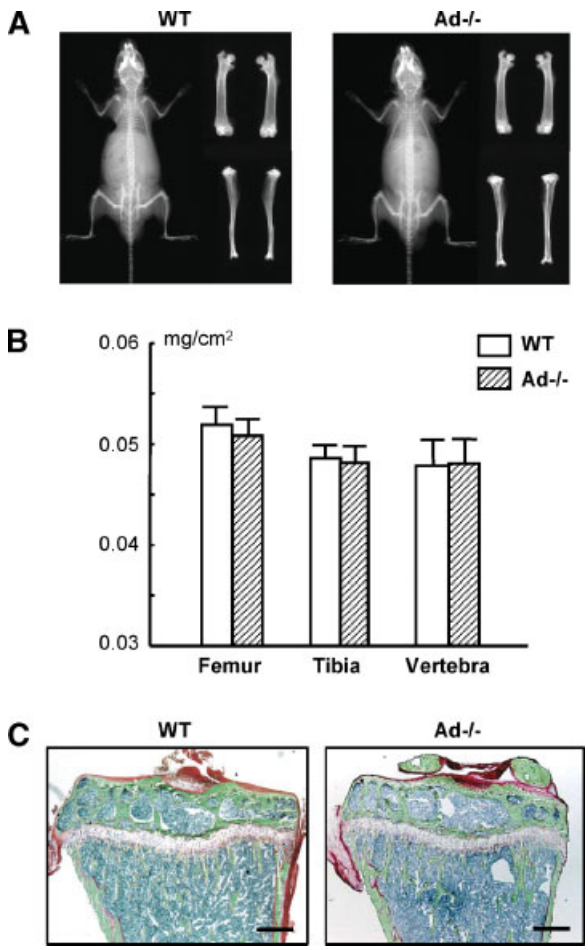

Fig. 2. Radiological and histological findings of the bones in male WT and Ad−/− littermates (8 weeks old). **A**: Plain X-ray images of the whole bodies (**left**), femurs (**upper right**), and tibiae (**lower right**) of representative WT and Ad−/− littermates. **B**: BMD of the entire femurs, tibiae, and L2-L5 vertebral bodies determined by DEXA. Data are expressed as means (bars) ± SEM (error bars) of 10 bones/group. None of the bones showed significant difference of BMD between the two genotypes. **C**: Histological features of the proximal tibiae of representative mice of each genotype. After the sacrifice, the tibiae were excised, fixed, embedded without decalcification, and the sagittal sections were stained with Villanueva–Goldner, in which mineralized bone was stained green and unmineralized osteoid red. Bar, 100 μm. Data of histomorphometric analyses are shown in Table I. [Color figure can be viewed in the online issue, which is available at www.interscience.wiley.com.]

TABLE I. Histomorphometry of Trabecular Bones in Proximal Tibiae of WT and Ad−/−Mice

	BV/TV (%)	Ob.S/BS (%)	BFR (mm^3/cm^2/year)	Oc.S/BS (%)	ES/BS (%)
WT	12.75 ± 0.96	11.93 ± 0.90	3.66 ± 0.92	4.58 ± 1.78	3.52 ± 0.79
Ad−/−	10.71 ± 1.92	12.07 ± 1.22	3.16 ± 0.93	4.32 ± 1.38	3.82 ± 0.89

Parameters for the trabecular bone were measured in an area 1.2 mm in length from 250 μm below the growth plate at the proximal metaphysis of the tibiae in Villanueva–Goldner and calcein double-labeled sections. Data expressed as means and standard errors (SEM) for 10 bones/group.
No significant difference of parameters between two genotypes (all $P > 0.05$).
BV/TV, trabecular bone volume expressed as a percentage of total tissue volume; Ob.S/BS, percentage of bone surface covered by cuboidal osteoblasts; BFR, bone formation rate; Oc.S/BS, percentage of bone surface covered by mature osteoclasts; ES/BS, percentage of eroded surface.

adipogenesis determined by the oil red O staining in the marrow cell culture was similar between Ad−/− and WT marrow cell cultures (Fig. 3A; right panel). To investigate the role of local adiponectin in osteoclastic cells, we next measured the number of TRAP-positive multinucleated osteoclasts formed in the coculture of bone marrow cells and primary osteoblasts, and found no difference between the cells of the two genotypes (Fig. 3B).

No Abnormality in Bone of Transgenic Mice Overexpressing Adiponectin in the Liver In Vivo

The in vivo Ad−/− bone analyses showed the equivalent balance of autocrine/paracrine and endocrine actions of adiponectin on bone (Fig. 2), while the in vitro Ad−/− marrow culture revealed the positive autocrine/paracrine action on bone formation (Fig. 3). These results imply a negative effect of circulating adiponectin on bone formation. Hence, we next examined the skeletal abnormality of transgenic mice overexpressing adiponectin (Ad-Tg) being driven by the SAP promoter, so that the adiponectin expression was limited to the liver and was not in the bone [Yamauchi et al., 2003b]. Ad-Tg mice appeared normal and indistinguishable from WT littermates in body weight and length. Plain X-ray images of Ad-Tg mice at 8 weeks showed no abnormality in the skeleton compared with WT littermates (Fig. 4A), and BMDs of the entire femurs, tibiae, and vertebrae (L2-L5) of Ad-Tg mice were also similar to those of WT littermates (Fig. 4B). Histological analyses of the proximal tibiae by the Villanueva–Goldner staining (Fig. 4C) and bone histomorphometric measurements (Table II) confirmed that neither the bone mass nor the bone turnover was affected by the circulating adiponectin.

Suppression of Osteogenesis by Recombinant Adiponectin in Osteoprogenitor Cell Cultures

We failed to detect the expected negative effect of circulating adiponectin on bone formation in Ad-Tg mice in vivo. However, since adiponectin is known to enhance the insulin action on its target organs [Berg et al., 2001; Combs et al., 2001; Fruebis et al., 2001; Yamauchi et al., 2001, 2003b; Kubota et al., 2002], the effect of circulating adiponectin on bone might partly be mediated by the insulin signaling that is anabolic for bone formation [Thomas et al., 1996]. Hence, we next looked at the systemic (or endocrine) action by examining the effect of addition of recombinant adiponectin on osteogenesis in cultures of osteoprogenitor cells in the presence and absence of insulin. In the cultures of bone marrow cells derived from WT long bones, osteogenesis determined by the numbers of colonies positively stained with ALP and Alizarin red were dose-dependently inhibited by recombinant adiponectin in the absence of insulin, indicating a direct/negative action of adiponectin on bone formation (Fig. 5A). However, in the presence of insulin (10 nM), the inhibition of osteogenesis by adiponectin was not seen in either ALP or Alizarin red staining. In the culture of mouse stromal cell line ST2, recombinant adiponectin also did not decrease ALP activity which was stimulated by IGF-I (100 nM), another bone anabolic factor that shares downstream molecules with the insulin signaling (Fig. 5B). In contrast, it dose-dependently decreased ALP activity which was stimulated by BMP-2 (10 nM).

We then investigated the effect of adiponectin on the intracellular signaling of insulin in bone marrow cells by examining the phosphorylations

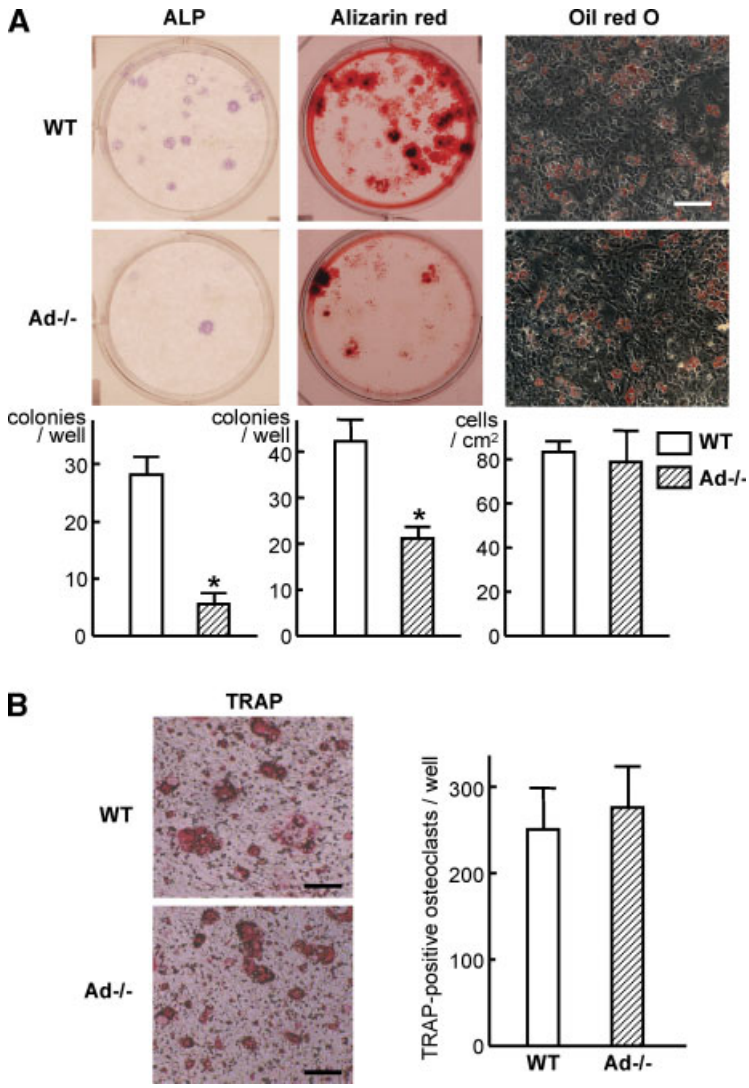

Fig. 3. Osteogenesis, adipogenesis, and osteoclastogenesis in cultures of bone marrow cells from WT and Ad−/− littermates. **A**: Osteogenesis was determined by ALP (**left**) and Alizarin red (**middle**) stainings of bone marrow cells cultured for 10 and 21 days, respectively, in αMEM/10% FBS with ascorbic acid and β-glycerophosphate. Adipogenesis was determined by oil red O staining (**right**) of bone marrow cells cultured for 10 days in αMEM/10% FBS with troglitazone. Bar, 200 μm. The graphs below indicate the number of positive colonies/well for ALP and Alizarin red stainings, and of positive cells/cm^2 for oil red O staining. Data are expressed as means (bars) ± SEMs (error bars) for eight wells/group. *, significant difference from the WT culture; $P < 0.01$. **B**: Osteoclastogensis was determined by the number of TRAP-positive multi-nucleated osteoclasts formed in the coculture of bone marrow cells and calvarial osteoblasts from WT and Ad−/− littermates in αMEM/10% FBS with 1,25$(OH)_2D_3$ for 6 days. Bar, 400 μm. Data are expressed as mean (bars) ± SEM (error bars) for eight wells/group. There was no significant difference between WT and Ad−/− cultures. [Color figure can be viewed in the online issue, which is available at www.interscience.wiley.com.]

of IRS-1 and Akt, the main downstream molecules of insulin. Immunoprecipitation and immunoblotting analyses revealed that phosphorylations of IRS-1 and Akt were induced by insulin alone, while hardly being affected by recombinant adiponectin alone. More importantly, the phosphorylations induced by insulin were further enhanced by adiponectin, suggesting indirect/positive action of adiponectin on bone formation via enhancement of the insulin signaling (Fig. 5C).

The results indicate that no bone abnormality in Ad-Tg mice may be possibly due to an equivalent balance of the direct/negative and indirect/positive actions of circulating adiponectin. The direct action might possibly be related to the BMP signaling, and the indirect one may be through enhancement of the insulin signaling.

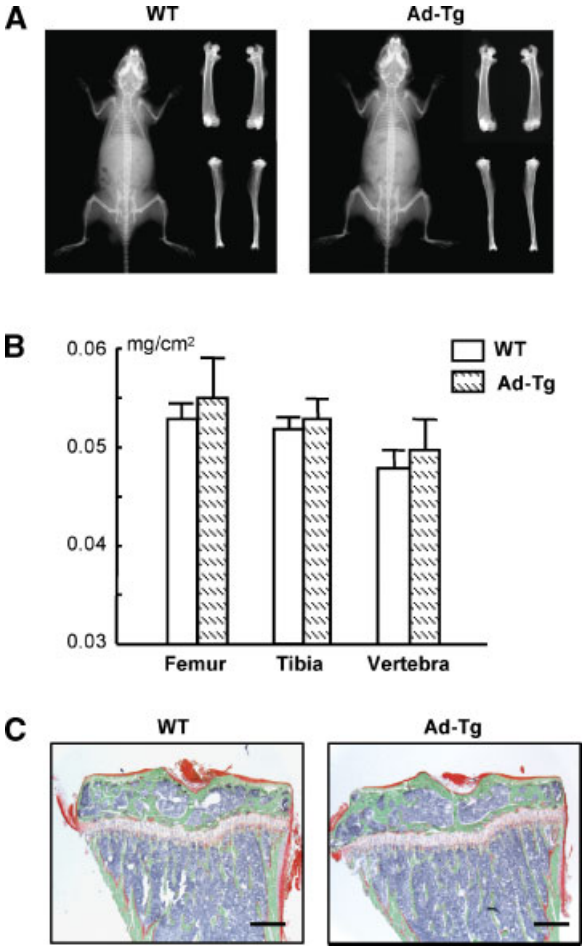

Fig. 4. Radiological and histological findings of the bones in male WT and Ad-Tg littermates (8 weeks old). **A**: Plain X-ray images of the whole bodies (**left**), femurs (**upper right**), and tibiae (**lower right**) of representative WT and Ad-Tg littermates. **B**: BMD of the entire femurs, tibiae, and L2-L5 vertebral bodies determined by DEXA. Data are expressed as means (bars) ± SEM (error bars) of 10 bones/group. None of the bones showed significant difference of BMD between the two genotypes. **C**: Histological features of the proximal tibiae of representative mice of the two genotypes prepared as described in Figure 2. Bar, 100 μm. Data of histomorphometric analyses are shown in Table II. [Color figure can be viewed in the online issue, which is available at www.interscience.wiley.com.]

DISCUSSION

Since we confirmed that adiponectin and its receptors were expressed not only in fat cells but also in bone cells (Fig. 1), the present study examined the actions of adiponectin on bone metabolism separately via autocrine/paracrine and endocrine pathways. To elucidate these distinct actions, we used several in vivo and in vitro systems, and found variable regulations of bone metabolism by adiponectin. First, the Ad−/− mice exhibited no abnormality in the bone, suggesting an equivalent balance of autocrine/paracrine and endocrine actions on bone (Fig. 2). Second, the in vitro adiponectin-deficient marrow cell culture revealed a potent osteogenic effect of adiponectin as an autocrine/paracrine factor (Fig. 3). Third, the lack of bone abnormality in the Ad-Tg mice indicated an equivalent balance of circulating adiponectin (Fig. 4). Lastly, recombinant adiponectin inhibited osteogenesis but enhanced the insulin signaling in osteoprogenitor cell cultures, suggesting the direct/negative and indirect/positive actions of circulating adiponectin on bone formation (Fig. 5). It is therefore speculated that there are at least three distinct adiponectin actions on bone formation: a positive action through the autocrine/paracrine pathway by locally produced adiponectin in bone, a negative action through the direct pathway by circulating adiponectin, and a positive action through the indirect pathway by circulating adiponectin via enhancement of the insulin signaling.

It is of note that effects of adiponectin on bone formation differed among experimental systems, that is, between in vivo and in vitro; between gain-of-function and loss-of-function. These discrepancies are also seen in the actions of leptin, another representative adipokine.

TABLE II. Histomorphometry of Trabecular Bones in Proximal Tibiae of WT and Ad-Tg Mice

	BV/TV (%)	Ob.S/BS (%)	BFR (mm^3/cm^2/year)	Oc.S/BS (%)	ES/BS (%)
WT	11.38 ± 0.67	10.38 ± 0.83	4.96 ± 0.62	5.49 ± 1.39	5.02 ± 0.90
Ad-Tg	13.97 ± 0.62	13.70 ± 1.01	5.06 ± 0.29	6.93 ± 1.87	4.42 ± 1.95

Parameters for the trabecular bone were measured in an area 1.2 mm in length from 250 mm below the growth plate at the proximal metaphysis of the tibiae in Villanueva–Goldner and calcein double-labeled sections. Data expressed as means and standard errors (SEM) for 10 bones/group.
No significant difference of parameters between two genotypes (all $P > 0.05$).
BV/TV, trabecular bone volume expressed as a percentage of total tissue volume; Ob.S/BS, percentage of bone surface covered by cuboidal osteoblasts; BFR, bone formation rate; Oc.S/BS, percentage of bone surface covered by mature osteoclasts; ES/BS, percentage of eroded surface.

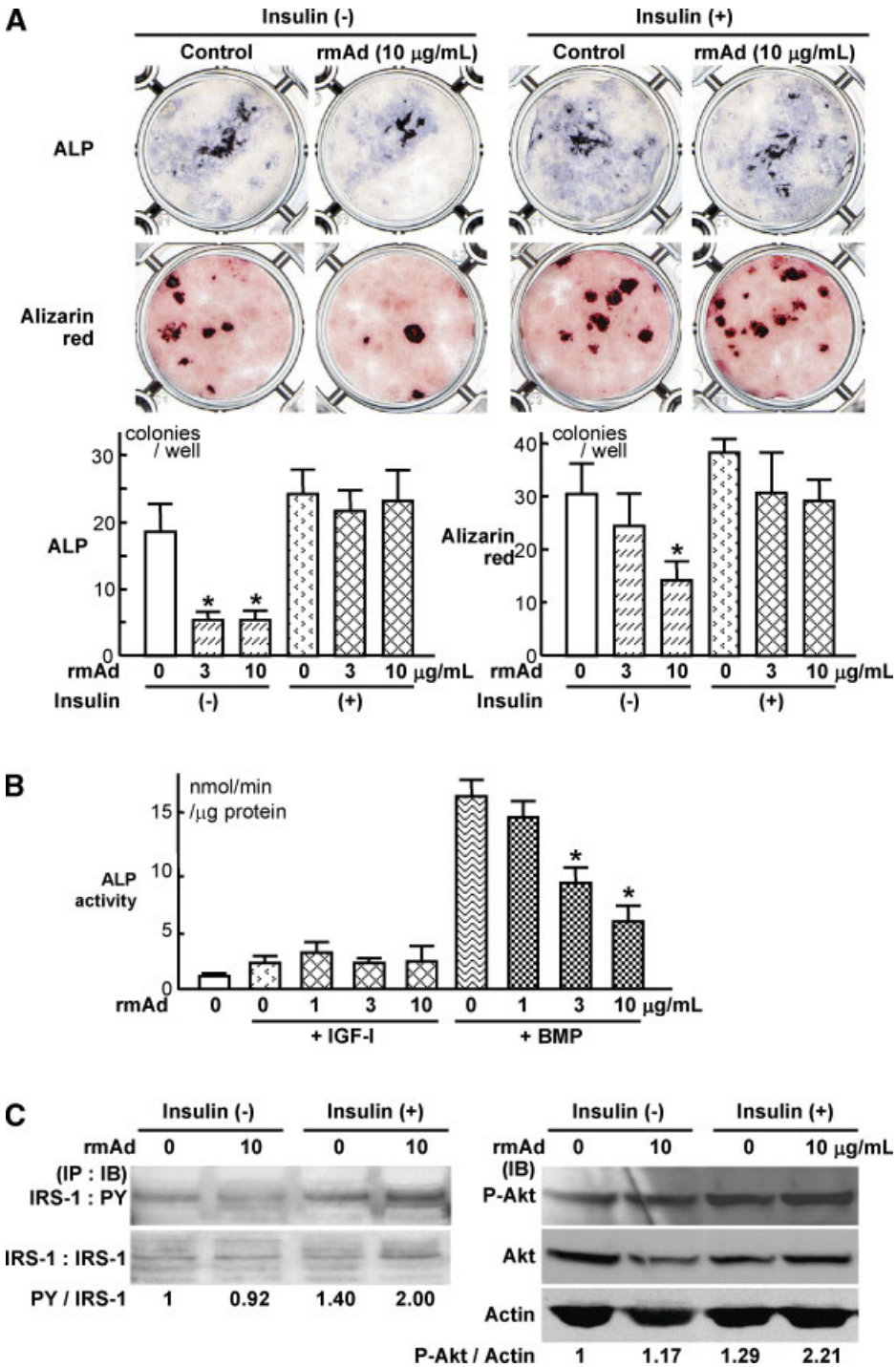

Fig. 5. **A**: Effect of recombinant mouse adiponectin (rmAd) on osteogenesis in the bone marrow cell culture. Osteogenesis was determined by ALP and Alizarin red stainings after 10 and 21 days of culture, respectively, with indicated concentrations of rmAd in αMEM/10% FBS/ascorbic acid/β-glycerophosphate with or without insulin (10 nM). The graphs below indicate the number of positive colonies/well. Data are expressed as means (bars) ± SEMs (error bars) for eight wells/group. *, significant inhibition by rmAd; $P < 0.01$. **B**: Effect of rmAd on ALP activity of ST2 cells cultured for 7 days with indicated concentrations of rmAd in αMEM/10% FBS/ascorbic acid and IGF-1(100 nM) or BMP-2 (10 nM). Data are expressed as means (bars) ± SEMs (error bars) for eight wells/group. *, significant inhibition by rmAd; $P < 0.01$. **C**: Effect of rmAd on phosphorylations of IRS-1 and Akt in cultured bone marrow cells. Protein levels of phosphorylated IRS-1, IRS-1, phosphorylated Akt, Akt, and β-actin were determined by immunoprecipitation (IP) and immunoblotting (IB) in the cells stimulated by insulin (100 nM) or the vehicle for 10 min after pre-treatment with or without rmAd (10 μg/ml) for 24 h. The number under each band shows the ratio of the band intensity of phosphorylated IRS-1 and phosphorylated Akt normalized to those of IRS-1 and β-actin, respectively, that were measured by densitometry. Similar results were obtained in five independent experiments. [Color figure can be viewed in the online issue, which is available at www.interscience.wiley.com.]

Leptin negatively regulates bone formation via a sympathetic nerve system in vivo [Ducy et al., 2000; Takeda et al., 2002; Elefteriou et al., 2004], while recombinant leptin induces osteogenesis in the culture of bone marrow stromal cells [Thomas et al., 1999]. This is implicated to be due to the existence of a circulating soluble leptin receptor that modulates the action of leptin [Kratzsch et al., 2002; Elefteriou et al., 2004]. Although neither soluble receptors nor binding proteins of adiponectin have been identified, it is possible that the co-factors might explain the diverse actions of adiponectin on bone. Another possible mechanism underlying the discrepancy may be a variety of adiponectin forms, since it is present as a full length or as cleavage products such as an active form C-terminal globular fragment in plasma [Fruebis et al., 2001; Kishida et al., 2003]. Although biological activities of the different forms of adiponectin are poorly understood, they might be specific for distinct receptors and cell types. Recently, Oshima et al. [2005] reported that a single injection of adenovirus expressing a full-length adiponectin increased bone mass by stimulating bone formation and suppressing bone resorption. In contrast, the present bone histomorphometric analysis of Ad-Tg mice with constitutive overexpression of the globular form of adiponectin revealed no abnormality in bone formation or bone resorption parameter. This difference may not be due to that of the molecular form since our preliminary investigation of the transgenic mice that overexpress the full-length adiponectin driven by the same SAP promoter also failed to show bone abnormality (unpublished observation by Yamauchi & Kadowaki). We therefore speculate that there may be a compensatory signaling that cancels the excessive adiponectin signaling, which cannot catch up with the acute and strong overexpression by a single adiponectin-adenovirus application.

The present in vitro experiments showed that recombinant full-length adiponectin at the physiological serum concentration (10 μg/ml) [Kubota et al., 2002] inhibited osteogenic differentiation from bone marrow cells and mouse stromal cell line ST2, which is also inconsistent with previous studies showing that it increased the differentiation and mineralization in the murine osteoblast cell line MC3T3-E1 cell and human primary osteoblast cultures [Luo et al., 2005; Oshima et al., 2005]. This might be due to the difference of differentiation stages of cells of osteoblastic lineage. The expression levels of AdipoR1 and AdipoR2 were similar in the precursor cells of the present study, while AdipoR1 was predominantly expressed in the more differentiated osteoblasts of the previous studies. Moreover, although this study implicated the involvement of the BMP pathway, earlier authors reported that the MAP kinase pathway is important for the adiponectin signaling [Luo et al., 2005]. In fact, our study using a mouse calvarial osteoblast culture failed to show the inhibitory effect of the recombinant adiponectin (data not shown). Another explanation for the discrepancy between the present and previous results may be the existence of other lineage of cells than osteoprogenitors in our culture systems, but not in the earlier systems. Because adiponectin is reported to variably regulate differentiation of bone marrow cells into several lineages through the ubiquitously expressed receptors, it is possible that adiponectin can affect other lineage of cells like lymphocytes and adipocytes, causing a proportional decrease of osteoprogenitors in bone marrow. It is known to inhibit B lymphopoiesis through induction of prostaglandin synthesis, but stimulates myelopoiesis [Yokota et al., 2003]. It also suppresses adipogenesis from bone marrow cells through a cyclooxygenase-2/prostaglandin-dependent mechanism [Yokota et al., 2002]; however, the present study showed normal adipogenesis from cultured Ad−/− marrow cells, suggesting the difference of actions of exogenous and endogenous adiponectin on adipogenic differentiation as well. Since the actions of prostaglandins differ depending on the concentration; high doses of prostaglandin suppress collagen synthesis whereas low doses induce it in osteoblasts [Chyun and Raisz, 1984], the actions of adiponectin on bone might be mediated in part by prostaglandin production, so that they differ depending on the concentration. Insofar as the effects of adiponectin on these other types of cells remain unclarified, we should acknowledge that the present study does not reach a definitive conclusion relating to the mechanism of adiponectin on bone homeostasis.

In addition to the direct and negative effect on the osteoprogenitor cells, circulating adiponectin exhibited a positive effect on bone formation through enhancement of the insulin signaling. There is a great deal of evidence supporting that

adiponectin increases the insulin action in its target organs. Recombinant adiponectin ameliorated insulin resistance in obese- and diabetic-KKA^{y} mice and diabetic-lipoatrophic mice, both of which had reduced plasma adiponectin levels [Yamauchi et al., 2001]. A single injection of recombinant adiponectin abolished hyperglycemia by suppressing glucose production in ob/ob, non-obese diabetic, or streptozotocin-treated mice [Berg et al., 2001; Combs et al., 2001]. Transgenic overexpression of adiponectin also ameliorated insulin resistance in ob/ob mice [Yamauchi et al., 2003b] and the disruption of the adiponectin gene is known to cause insulin resistance [Matsuzawa et al., 2004; Luo et al., 2005]. Another plausible hormone that might be related to the endocrine action of adiponectin might be estrogen, which is also a potent regulator of bone metabolism [Tanko and Christiansen, 2004]. A recent report demonstrated that estrogen can suppress adiponectin secretion in mice and cultured adipocytes [Combs et al., 2003], although the interactions of signalings among adiponectin, estradiol, and insulin in bone are complicated and remain to be further clarified [Kalish et al., 2003].

Regarding the clinical evidence of involvement of adiponectin in bone metabolism, Kontogianni et al. [2004] reported that the circulating level of adiponectin was not correlated with bone mass of perimenopausal women while that of leptin showed an inverse correlation. This is in accordance with the present results that both deficient and overexpressing transgenic mice of adiponectin showed normal bone mass. However, another clinical study by Lenchik et al. [2003] reported significant inverse correlations of adiponectin with visceral fat and BMD, and proposed adiponectin as a mediator of the protective effects of visceral fat mass on BMD. The correlations may be dependent on the balance of the direct and indirect actions of circulating adiponectin, which we showed oppositely affected bone metabolism. When we compare the populations of the two clinical studies above, more subjects (86%) in the study by Lenchik et al. were affected by type 2 diabetes than those in the study by Kontogianni et al. This might at least partly explain the discrepancy of the two clinical studies: in the former the indirect and positive effect of circulating adiponectin was suppressed due to the impaired insulin signaling, so that the direct and negative effect became predominant, while in the latter study there remained an equivalent balance between direct and indirect effects.

Adiponectin is structurally similar to TNF-α, receptor activator of nuclear factor κB ligand (RANKL) and osteoprotegerin, all of which are potent regulators of osteoclastogenesis [Ouchi et al., 2000; Tsao et al., 2002]. However, osteoclastogenesis from marrow cells was not affected by the deficiency of endogenous adiponectin (Ad−/−) in the present study, while a previous study showed a decrease of osteoclastogenesis by adiponectin in vivo and in vitro [Oshima et al., 2005]. This also indicates that there might be distinct effects of adiponectin on osteoclastogenesis through autocrine/paracrine and endocrine pathways. Considering that adiponectin expression is regulated by several bone regulators: it is reduced by TNF-α [Yokota et al., 2000], IL-6 [Kappes and Loffler, 2000], β-adrenergic agonists [Fasshauer et al., 2003], and glucocorticoids [Halleux et al., 2001], whereas stimulated by proliferator-activated receptor (PPARγ) agonists [Combs et al., 2002], adiponectin may play a role in the complicated molecular network that regulates bone metabolism.

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