

## UNRESTRAINED PRODUCTION OF PROOPIOMELANOCORTIN (POMC) AND ITS PEPTIDE FRAGMENTS BY PITUITARY CORTICOTROPH ADENOMAS IN CUSHING'S DISEASE

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**Summary**—The hallmark of ACTH oversecretion in Cushing's disease is its partial resistance to the normal suppressive effect of glucocorticoids. Because ACTH secretion by the pituitary tumor is not normally restrained, ACTH is overproduced with subsequent chronic hypercortisolism. Since peripheral tissues have retained their normal sensitivity to the action of cortisol, they appropriately develop the features of Cushing's disease. The question of whether a collection of corticotroph cells, eventually arranged in an adenomatous-like fashion, is a primary pituitary event or is corticotropin-releasing factor driven has had no response so far. Clonal composition of such lesions has been determined by X chromosome inactivation using DNA probes which detect multiallelic polymorphism in females. A monoclonal pattern is found in all macroadenomas. ACTH is co-secreted with other peptide fragments derived from their common polypeptide precursor, proopiomelanocortin (POMC). As a rule, POMC processing in pituitary tumors is qualitatively unaltered. Plasma values of the N-terminal fragment, the joining peptide, the  $\beta$ - and  $\gamma$ -lipotropins, and  $\beta$ -endorphin all are valid alternate markers of the tumor activity. Tumor POMC peptides including ACTH and its phosphorylated form usually show no peculiar or unexpected molecular forms in contrast with what is often found when POMC expression occurs in a non-pituitary tumor.

In Cushing's disease, chronic cortisol excess is due to pituitary ACTH oversecretion. In the vast majority of patients, a corticotroph adenoma is present, the activity of which is not normally restrained by the negative feedback effect of cortisol.

### 1 PROOPIOMELANOCORTIN (POMC) GENE EXPRESSION IS NOT QUALITATIVELY ALTERED IN CORTICOTROPH ADENOMAS

In the vast majority of corticotroph adenomas, the products of POMC gene transcription and of POMC processing are similar to those in the normal human anterior pituitary.

The gene transcription shows no gross abnormality and the POMC transcripts in pituitary tumors are similar to those in the normal pituitary [1–4]. A 1200 nt POMC mRNA is the highly predominant—if not sole—transcript. A small percentage (<5%) of transcripts result from an alternate mode of RNA splicing adding 30 nt at the 5' end of the second exon. It has no

implication on the open reading frame which is not modified. Fewer than 1% of transcripts result from the use of an upstream promoter at –369 nt [5].

The N-terminal fragment [6], the joining peptide [7], authentic ACTH<sub>1–39</sub> [8–11],  $\beta$ -lipotropin (LPH) and variable amounts of  $\gamma$ -LPH and  $\beta$ -endorphin [11–13] are the normal end-products of POMC processing found both in tumor extracts and in culture media. A somewhat higher proportion of  $\beta$ -endorphin over  $\beta$ -LPH—and  $\gamma$ - over  $\beta$ -LPH—has been reported [1, 14]. Yet the recruitment of proteolytic sites which are not normally activated in the normal pituitary is not observed and peptides like corticotropin-like intermediary lobe peptide and  $\alpha$ -melanocyte stimulating hormone are neither formed nor released. This general finding supports the use of highly specific immunoradiometric assays for plasma ACTH detection as a valid and significant means to evaluate patients with Cushing's disease [15]. In rare instances, qualitative alterations of POMC gene expression have been described, in silent corticotroph adenomas and in pituitary cancers [16–18].

Thus tumor POMC peptides, including ACTH, usually show no peculiar or unexpected molecular forms in contrast with what is often found when POMC expression occurs in a non-pituitary tumor. Any of them can be used alternatively for the clinical investigation, all their plasma values being highly correlated [19].

## 2 POMC GENE EXPRESSION IS NOT NORMALLY RESTRAINED IN CORTICOTROPH ADENOMAS

In a system normally regulated by a negative feed-back loop two determinants which are not exclusive of each other may theoretically provoke and maintain unrestrained hormone production: the set-point defect at the cell level, and the tumoral mass at the tissue level. These pathophysiological mechanisms have been thoroughly studied *in vivo* and *in vitro* in various models such as primary hyperparathyroidism where the two determinants cooperate [20]. In the case of human corticotroph tumors *in vitro* studies offer obvious difficulties: the latter tumors are much rarer, and direct comparison between the tumoral and the normal corticotroph cell is seldom achieved. Yet a number of experimental and human studies offer the grounds on which can stem a tentative—and speculative—pathophysiological explanation of the phenomenon.

ACTH oversecretion in Cushing's disease is characterized by its partial resistance to the normal suppressive effect of glucocorticoids [21, 22]. The dose-response curve between administered dexamethasone and plasma ACTH or endogenous cortisol production is shifted to the right. Because ACTH secretion by the pituitary tumor is not normally restrained, ACTH is overproduced with subsequent chronic hypercortisolism. Since peripheral tissues have retained their normal sensitivity to the action of cortisol [23, 24] they appropriately develop the features of Cushing's disease.

*In vitro* studies have confirmed that pituitary corticotroph adenomas are not autonomous and have indeed retained some sensitivity to the suppressive effect of glucocorticoids which invariably decrease basal and/or stimulated ACTH release [25–31]. A direct comparison between the responses of normal and tumoral cells *in vitro* is lacking most of the time. A single study measured the effects of two doses of dexamethasone (1 and 10  $\mu\text{g}/\text{dl}$ ) on both ACTH release and POMC mRNA content in cultured

cells obtained either from corticotroph adenomas or from their, presumably normal, peradenomatous tissues, whereas dexamethasone efficiently reduced both parameters in the peradenomatous cells, its suppressive effect was reduced in the tumoral cells [2].

Schematically normal secretion of ACTH results from a fine equilibrium within the corticotroph cell between two opposite regulators with stimulatory [cAMP and protein kinase C pathways driven by corticotropin-releasing factor (CRF) and arginine vasopressin (AVP)] and inhibitory (glucocorticoid pathway) actions, a subtle imbalance between the two regulators should lead to ACTH dysregulation and, in the case of overproduction to an apparent state of resistance to glucocorticoids. Thus variable, and probably numerous, mechanisms may provoke a set-point defect.

A gross abnormality in the nature of the glucocorticoid receptor in the tumoral corticotroph cell has not yet been demonstrated [32]. The recent elucidation of a molecular alteration responsible for the syndrome of general resistance to glucocorticoids [33] may pinpoint more precise targets for future studies on the DNA and/or mRNA coding for the human glucocorticoid receptor in the tumor. Alternatively the functional activity of a structurally normal glucocorticoid receptor may be reduced by a variety of intracellular defects. Among many other causes, it is decreased in experimental animal models where *v-mos* and *Ha-ras* oncoproteins are overexpressed [34, 35], and recent data have elucidated a general mechanism whereby the activated glucocorticoid receptor and the products of the proto oncogenes *c-fos* and *c-jun* inhibit each other's action at the gene level [36, 37].

A set-point defect might be caused as well by the exaggerated activation of cAMP and/or protein kinase C pathways. *In vitro* studies on rat anterior pituitary cells show that whenever one of these two pathways is stimulated, ACTH suppression by glucocorticoids is diminished [38–40]. Increased cAMP formation in AtT-20 cells directly blunts the suppressive effect of glucocorticoids on POMC synthesis through the inhibition of glucocorticoid receptor binding to DNA [41]. A subset of human GH-producing pituitary tumors is associated with increased production of cAMP [42] it has been shown to result from the intrinsic activation of their Gs protein by a single base mutation which suppresses the GTPase activity

of the  $\alpha$  subunit [43] This precise type of acquired genetic alteration has not, so far, been found in corticotroph tumors [44] An alternate hypothesis, already suggested for other types of endocrine tumors, is that the tumoral cell acquires an abnormal sensitivity to non-CRF hypothalamic neuro-hormones [45] *In vivo* studies have claimed that various hypothalamic factors like thyrotropin-releasing hormone (TRH) and luteinizing hormone-releasing hormone (LHRH) would increase ACTH release in occasional patients [46–48] The significance of these results suffer from the inescapable drawback of uncontrolled trials Very few studies reported the data *in vivo* and *in vitro* in the same patient Few cases however have been described which still make it possible that some rare tumor has acquired this unexpected sensitivity [27, 49, 50] More and more growth factors also seem to play a role in an autocrine or paracrine fashion within the pituitary [51], their involvement in the pathogenesis of tumor formation is not yet established

The mass of the tumor is another determinant of the final level of ACTH oversecretion *In vitro* studies on rat anterior pituitary cells show that increasing glucocorticoids cannot totally suppress the rate of POMC gene transcription [40, 52] Although these studies should not be simply transposed to a pathological human condition it should not be totally ruled out that some inescapable POMC gene expression contributes to the unrestrained ACTH secretion especially when the tumor mass becomes important

Both clinical and experimental observations show that situations where maximal ACTH secretion is chronically prompted induce an increase in corticotroph cell mass Rare cases of poorly controlled Addisonian patients have apparently developed pituitary enlargement [53–56] A large increase in corticotroph cell area is observed in the anterior pituitary of adrenalectomized rats [57, 58] It is possible that glucocorticoids exert a direct inhibitory action on the growth of corticotroph cells [59], their deprivation being a direct stimulus for growth It is thought however that corticotroph cell growth is driven by the action of CRF Indeed the growth-promoting effect of various hypothalamic neuro-hormones is well documented, like that of growth hormone releasing factor on GH cells for example, which may proceed through the activation of cellular oncogenes [60] Long-term administration of CRF in

experimental animals also leads to corticotroph cell hyperplasia [61, 62] and hypertrophy [57]

To explain the growth of a pituitary corticotroph adenoma on these grounds would imply two necessary conditions. that the adenoma be sensitive to the action of CRF, that CRF be present, at least at some time of the development of the adenoma

Pituitary corticotroph adenomas remain sensitive to the stimulatory actions of CRF [63–66] and AVP [67, 68] *in vivo* These actions are used as investigational tools to target the pituitary origin of ACTH oversecretion *In vitro* studies have largely confirmed that the tumoral cells are the direct target of these secretagogues [25–29, 69] A synergistic effect of AVP has also been observed [28] Quantitatively the responses of the tumor cells have rarely been compared to that of normal human corticotroph cells A single study reported that 9 of 16 such tumors had identical sensitivity to CRF as the paired non-adenomatous tissue, and 7 a lower sensitivity [27] In addition to its action on the adenylate cyclase CRF has been shown to modulate action potential firing and to increase intracellular calcium on cultured cells obtained from human corticotroph adenomas [70, 71].

It may seem paradoxical to invoke a role for CRF in the growth of a corticotroph adenoma when much evidence suggests that it is suppressed in Cushing's disease This contradiction is only apparent It is conceivable that, although it is not originally responsible, CRF contributes, at least at the beginning of the disease, to the progression of a pituitary tumor resulting from a clonal event primarily responsible for a set-point defect with secondary tumor growth

### 3. ARE CORTICOTROPH ADENOMAS CLONAL TUMORS?

The clonal origin of various human endocrine tumors has been recognized, based on the study of genetic markers born by the X chromosome in female heterozygous patients Recent techniques using DNA probes directed at various genetic markers (hypoxanthine phosphoribosyl transferase and/or phosphoglycerate kinase) studied the X-inactivation pattern in peripheral and tumoral tissues through the combined DNA digestion with a methylation-specific enzyme and the restriction enzyme giving rise to a restriction fragment length polymorphism They have shown the monoclonal nature of all

non-functioning pituitary tumors [72, 73] Recent studies performed on functioning tumors [74] showed a monoclonal pattern in three of three GH secreting adenomas, four of prolactin (PRL) secreting adenomas, and three of four corticotroph adenomas, the fourth corticotroph adenoma was substantially contaminated by interspersed normal adenohypophyseal tissue which may have induced an apparent polyclonal pattern

Whatever its mechanism, the occurrence of a state of partial resistance to glucocorticoids in a clone of pituitary corticotroph cells could have, theoretically, the following consequences at the beginning the small tumoral clone would secrete only a minor amount of ACTH with no subsequent increase in cortisol Persistent CRF action on "cortisol deprived" clonal cells would constitute an ideal stimulatory condition for their further growth Thus the adenoma would develop and tumoral ACTH would progressively override non-tumoral ACTH with subsequent increased cortisol production and ultimate extinction of hypothalamic CRF the full-blown expression of Cushing's disease would be attained This scheme could be extended to the situation where bilateral total adrenalectomy would constitute a further stimulus for tumor progression by restoring normal cortisol (exogenously administered) and eventually CRF two conditions that would concur again to stimulate the growth of the tumor, possibly leading to Nelson's syndrome The set-point defect and the tumor growth potential would be linked This scheme explains how CRF could have a transient role in the progression of the adenoma It shows how at some time a pituitary might contain both an adenoma and still normal corticotroph cells as has been occasionally seen on histological examination [75-78]

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