



# Potential Interactions Between Estrogen Receptor and Thyroid Receptors Relevant for Neuroendocrine Systems

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Environmental signals can profoundly affect reproductive behavior, physiology and responses to steroids. One consequence of nutritional or temperature stress is altered plasma concentrations of thyroid hormone. Recent *in vivo* and *in vitro* data indicate that manipulations of estrogen and thyroid hormone levels can alter each other's functions. One possible mechanism for interaction may be that thyroid and estrogen receptors bind to parts of the same hormone response elements of target genes and compete with each other, thus serving to integrate environmental signals with neuroendocrine responses.

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## INTRODUCTION

Reproduction is energetically expensive for female mammals. Therefore it is beneficial to delay reproduction in the presence of adverse environmental conditions. Environmental stressors such as low food availability and changes in ambient temperature are profound regulators of female reproduction [1]. Food restriction has been demonstrated to delay puberty in juveniles and disrupt estrous cycles in adult rodents [1, 2]. Chronic or acute food deprivation also decreases copulatory behavior, inhibits ovulation and decreases parental behavior in hamsters [1-4]. When metabolic fuels must be diverted to other physiological processes, such as thermoregulation or increased foraging, reproduction is also affected. Prolonged exposure to cold temperatures can inhibit estrous cycles and decrease ovulation rate and litter size [1, 5]. The inhibitory effects of cold temperatures on reproduction occur more slowly when food is readily available. Likewise, when increased foraging is required or the food supply is diminished for prolonged periods, cold temperatures more rapidly alter neuroendocrine function [6].

The neural mechanisms that mediate the suppression of reproduction in response to adverse environmental signals are not well understood. In ovariectomized Syrian hamsters, metabolic fuel deprivation decreased

lordosis response to estradiol + progesterone treatment [4]. In this study 48 h of food restriction either before or immediately following estradiol administration decreased sexual receptivity in ovariectomized hamsters. Thus, decreased metabolic fuels may alter neural responsiveness to estradiol and/or progesterone either directly, by acting on steroid concentrating neurons, or indirectly, by altering other neurotransmitter or hormonal systems. In addition, food deprivation and cold temperatures alter gonadotropin releasing-hormone and luteinizing hormone secretion, which ultimately affects follicular development [2, 7]. Recently, hamsters which had been food restricted for the first 2 days of the estrous cycle had fewer gonadotropin-releasing hormone immunoreactive neurons that co-expressed *c-fos* immunoreactivity as compared to controls [8]. Taken together, these data indicate that environmental challenges profoundly affect reproductive behavior, physiology and responses to steroids. Although changes in steroid sensitivity and pituitary responses are indicative of environmental regulation of neural functioning, the molecular mechanisms that integrate environmental signals and physiological responses remain unclear.

## MOLECULAR BACKGROUND

In general, steroid and thyroid hormones function through hormone binding to their nuclear receptors [9]. Thyroid hormone receptors (TR) are members of

a steroid/thyroid superfamily of nuclear receptors [10,11]. Activation of gene transcription can occur when the ligand-activated receptor binds to specific response elements in the promoter region of target genes. The DNA response elements for steroid hormone actions fall mainly into two categories, i.e. glucocorticoid and estrogen response elements (GRE and ERE). The consensus sequence of the ERE (5'-AGGTCAnnnTGACCT) is palindromic, while that of GRE (5'-GGTACAnnnTGT<sub>T</sub>/C<sub>C</sub>CT) is an "imperfect" palindrome [12, 13]. It was recently demonstrated that thyroid hormone receptors (TRs) can bind to a consensus ERE [14, 15, Zhu and Pfaff, unpublished data]. The consensus sequence of the ERE half-site is the same as that of a TRE (AGGTCA) [13, 16]. It was found that TR homo- or heterodimers can bind to TREs arranged as inverted palindromes, direct repeats and palindromes with different numbers of spaces. In addition, vitamin D receptors (VDR), retinoic acid receptors (RAR) and retinoid X receptors (RXR) can bind to similar sequences as TRs and ER [9, 10]. VDRs preferentially bind to hormone response elements (HREs) with a gap of three nucleotides, TRs, 4 nucleotides and RARs, 5 nucleotides, generating the so-called 3-4-5 rule [17]. However, it is apparent that the specificity and direction of steroid actions are not only dependent on HRE and receptors themselves, but also on the protein-protein interactions and competition of multiple factors at the DNA level. Since elevated levels of thyroid hormone can signal temperature changes, nutritional changes or stress, the liganded receptor interfering with the estrogen receptor dimer could have biologically important signalling value.

Thyroid receptors are derived from two genes and have at least four known isoforms [11]. TR $\beta$ 2 mRNA is strongly expressed in the anterior pituitary [18]. The remaining isoforms are expressed in many tissues of the body, but they have preferential expression in specific regions. TR $\alpha$ 1 mRNA is most abundant in skeletal muscle and brown fat [19]. The non-thyroid hormone (T<sub>3</sub>) binding isoform, c-erbA $\alpha$ 2, is highly expressed in the brain [19]. TR $\beta$ 1 mRNA is abundant in the brain, liver and kidney [20]. In addition, it was recently found that neurons contain TR $\beta$ 1, while c-erbA $\alpha$ 2 is located in astrocytes [21].

Recent evidence suggests that manipulations of estrogen and thyroid hormone levels *in vivo* and *in vitro* may mutually alter each others' action [22-29]. Thyroid hormone has been demonstrated both to potentiate and inhibit estrogen-induced gene expression. In adult *Xenopus* liver cells, thyroid hormone treatment potentiated estradiol activation of vitellogenin genes [22]. However, in chick embryonic liver tissue, T<sub>3</sub> inhibited estrogen-induced protein synthesis, including vitellogenin, and reduced the level of nuclear estrogen receptors [23]. Zhuo-Li *et al.* [24] also demonstrated presumed TR-ER interactions in a rat estrogen sensitive pituitary tumor cell line. *In vitro*, T<sub>3</sub> or

estrogen alone stimulated proliferation of these cells. However, simultaneous administration of both hormones resulted in mutual inhibition [24]. Conversely, using a transfection assay, Graupner *et al.* [25] demonstrated that thyroid response element in the absence of TR can act as an imperfect ERE and mediate estrogen-dependent activation of transcription. In the absence of ligand, TR itself inhibited the activation of TRE by estrogen receptor. These data demonstrate the possibility of complex interactions between estrogen and thyroid hormones on gene expression.

The mechanisms responsible for the interactions between estradiol and thyroid hormones are not yet known. Tata's group demonstrated that T<sub>3</sub> potentiation of *Xenopus* liver vitellogenin gene expression also increased estrogen receptors in hepatocytes *in vitro* [22]. Similar increases in estrogen receptors have been found in rat pituitary tumor and rat liver after T<sub>3</sub> treatment [26, 27]. However, in rat uterine and hypothalamic tissues thyroid hormone did not alter ER levels [28, 29]. Therefore, the potentiation of gene expression and/or biological function by estrogen and thyroid hormone can not be explained solely by alterations at the receptor level. Graupner *et al.* [25] used truncated TR mutants and transfection assay to demonstrate that suppression of estrogen receptor activation by TRs was not due to ER-TR heterodimer formation. Rather, these authors suggested that in the absence of T<sub>3</sub>, TRs may protect their own response elements from activation by other receptors by preventing their access to TREs.

A possible formulation is that TR and ER bind to parts of the same hormone response elements of a target gene and can compete with each other. In this way, ER and TR interactions would be either potentiating or mutually inhibitory depending on the absence or presence of ligands, and both the affinity for and the consequences of protein-DNA interactions. Glass *et al.* [14] found that TR binds to an ERE with high affinity, but fails to activate transcription *in vivo*. In addition, TR binding inhibits estrogen dependent transactivation, suggesting that TR may bind in a transcriptionally inactive manner and compete for ER binding [14]. Hirst *et al.* [30] synthesized DNA-binding domains of hybrid ERs and TRs and found that each bound to the other's response element as a monomer, rather than a dimer, and less effectively activated transcription. Thus, TR may bind to a half-site of the ERE and thereby compete against ER for binding. Finally, the oxytocin gene promoter is believed to have a common response element because it is stimulated by several members of the steroid/thyroid hormone nuclear receptor family [31,32]. Such common hormone response elements, which have also been proposed in other genes [33], would enable interactions among transcription factors to integrate hormonal with non-hormonal signals to elicit complex, specific, hormonal responses.

We note that heterologous nuclear receptor binding to an ERE is not an exclusive feature of TRs. Retinoid X receptor  $\beta$  (RXR $\beta$ ) can bind to several different hormone response elements, including EREs [34]. Also, RXRs can form heterodimers with TR, RAR and VDR [35–38]. Recently, Segars *et al.* [39] demonstrated that over-expression of RXR $\beta$  in the human breast cancer cell line MCF-7 inhibited ERE-driven reporter activity in a dose-dependent manner. They further demonstrated that TR/RXR $\beta$  heterodimers bind to the ERE and TR alone or in combination with RXR $\beta$  inhibited ERE reporter activity [39].

Steroid hormones profoundly regulate proenkephalin gene expression. Estrogen has been demonstrated to induce proenkephalin expression in the female rat hypothalamus and has further been correlated with lordosis behavior [40–43]. Recently, we examined possible interactions between estrogen and thyroid hormone on the regulation of proenkephalin gene expression both *in vivo* and *in vitro*, following an investigation of possible ER binding to the proenkephalin promoter [15, Zhu *et al.*, unpublished data]. In hypophysectomized female rats, administration of estrogen increased proenkephalin mRNA levels in the hypothalamus and coadministration of T<sub>3</sub> attenuated this effect. Administration of T<sub>3</sub> alone had only a small effect on proenkephalin expression. Using gel mobility shift assay we found that ER and TR both could bind to a probe with a consensus ERE, as well as a putative ERE from the proenkephalin gene promoter region (Zhu *et al.*, unpublished data). In addition, both ER and TR contributed to the ERE binding activity in the nuclear protein extracts from female rat hypothalamus. These data suggest that both ER and TR are present in the female hypothalamus and can bind to an ERE. Also, the interactions of ER and TR with DNA binding sequences of proenkephalin gene may account for inhibitory actions of thyroid hormone on estrogen induction of gene expression.

### PHYSIOLOGICAL RESULTS

Altered concentrations of thyroid hormone in plasma have profound effects on a variety of metabolic functions, including heart rate and oxygen consumption. In addition, it has been realized for many years that altered thyroid function can affect mammalian reproduction [44, 45]. Chronic or acute hypo- and hyperthyroidism can affect female reproductive organs, as well as fertility, gestation and litter size. In rodents, thyroidectomy on the day of birth delays puberty in females, as measured by vaginal opening [44–46]. Once vaginal opening occurs, the ovaries, uterus and vagina are underdeveloped and only a few, small follicles are present. Krohn and White [47] demonstrated that thyroidectomy increased the length and variability of estrous cycle. Thyroidectomized females ovulated and conceived, but the number of pregnancies was

reduced and gestation tended to be prolonged. In addition, after thyroid removal litter sizes are smaller, largely due to resorption of fetuses during the 2nd trimester [47].

Hyperthyroidism during prepubertal development in rats prevents maturation of the ovary and in adults will cause ovarian atrophy and a cessation of estrous cycles [45]. In contrast to rats, Hoar *et al.* [48] and others [49] found in adult guinea pigs, excess concentrations of thyroid hormone had little effect on reproductive behavior or gestation. However, removal of the thyroid impaired reproductive behavior, estrous cycles, uterine responsiveness to estrogens and pregnancy [44, 45, 48, 49]. Thus, certain species differences in responses to thyroid hormone may exist.

Several studies have also examined the responsiveness of the uterus to estradiol treatment after induced hypo- and hyperthyroidism. Ruh *et al.* [50] demonstrated that uterine tissue from hypothyroid rats have increased *in vivo* retention and *in vitro* uptake of estrogen as compared to controls. Excess levels of thyroxine reduced retention and uptake of estrogen by the uterus and reduced the metabolic response of the uterus to estrogens [50, 51]. These data suggest that T<sub>3</sub> may inhibit estrogen uptake in the uterus. However, propylthiouracil-induced hypothyroid rats are reported to have diminished late uterine responses to estradiol, including decreased wet weights, dry weight, protein content, RNA content, and incorporation of thymidine into uterine DNA [52]. In this study T<sub>3</sub> or estradiol treatment alone had no effect on uterine responses in hypothyroid rats. However, animals treated with both hormones demonstrated restored uterine responses in a time-dependent and dose-dependent manner [52]. These data suggest that the way in which thyroid function is interrupted, as well as the time course of changes observed may be important for analyzing physiological responses.

### BEHAVIORAL POSSIBILITIES

A review of the literature revealed that virtually no studies over the past 50 years have directly examined the implications of thyroid function for sexual behavior in mammals. However, it is apparent from reports on gestation length and litter size that removal of the thyroid or excess thyroid hormone levels in adult rodents does not eliminate sexual behavior [44, 45]. Hypophysectomy does not reduce sexual behavior in ovariectomized female rats treated with estradiol and progesterone [53]. Peterson *et al.* [49] found that thyroidectomy slightly decreased the frequency of cyclic vaginal openings and the percent of guinea pigs found in heat. In addition, the percent of fertile matings and young born alive was decreased after thyroid removal. However, reproductive performance was equal or increased in hyperthyroid guinea pigs [49]. Interestingly, in a paper by Langham and Gustav-

son [54] there is a suggestion of possible mutual inhibition by estrogen and thyroid hormone on rat vaginal estrous. They found that thyroxine treatment decreased the estrus response, as measured by vaginal estrous, of ovariectomized rats treated with estrone. Thyroidectomy increased the estrus response to estrone administration in ovariectomized animals and the increased sensitivity was corrected following thyroxine replacement.

We are presently investigating interactions between thyroid hormones and estrogen by examining changes in estrogen-dependent sexual behavior in hypo- and hyperthyroid female rats. There are several possible levels of interaction. Since altered thyroid hormone concentrations in plasma affect metabolism, it is possible that the distribution, absorption and/or clearance of estradiol may be affected and thereby alter sexual behavior. In addition, manipulations of thyroid hormones and estrogen may affect neural receptor levels directing reproductive behavior or may result in competing behavioral responses. However, based on the discussion above, we hypothesize that thyroid hormone and estrogen interactions, as are potentially important for the integration of environmental signals with neuroendocrine substances, can occur by competing for hormone response elements of target genes in forebrain neurons.

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