



Evaluation of serum galectin-3 levels at Alzheimer patients by stages: a preliminary report

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Abstract

Background and Aims Neuroinflammation has a critic role in the pathophysiology of neurological diseases. The activation of microglia is the main actor in this process. The aim of this study to collect data on the role of microglial activation in the etiology, and the possible continuum at the stage of disease through the evaluation of serum galectin-3 levels in patients with Alzheimer's disease (AD).

Methods This was a prospective and cross-sectional study conducted on patients who were diagnosed as having AD using the criteria of the National Institute of Neurological and Communicative Disorders and Stroke-Alzheimer's Disease and Related Disorders Association (NINCDS-ADRDA) and stages determined with the scales of Clinical Dementia Rating (CDR) and Mini-Mental State Examination (MMSE) with healthy controls.

Results In our study, we studied 118 people, 57 with AD and 61 healthy people as a control group. In the AD patient group, serum galectin-3 levels were higher compared with the control group ($p=0.003$). There were no significant differences in either group in other collected parameters ($p>0.05$). It was observed that in all patients with AD, parallel to the stage of the disease, serum galectin-3 levels, patient's age, and duration of disease were statically and significantly increased ($p<0.05$).

Conclusion In conclusion, serum galactin-3 levels may be associated with AD and maybe a potential biomarker for the identification of disease in the early stages. In future years, serum galectin-3 levels may become an important biomarker and therapeutic agent for chronic neurodegenerative diseases such as AD.

Keywords Alzheimer's disease · Disease severity · Galactin-3 · Microglial activation · Neurodegeneration · Neuroinflammation

Introduction

Dementia is a major health problem whose prevalence increases with age. Alzheimer's disease (AD) is the most frequently seen among all dementia types. This process of neurodegenerative disease is classically characterized by two distinct pathologies: hyperphosphorylated tau neurofibrillary tangles and aggregations of β -amyloid plaques. The main etiologic and pathophysiologic mechanisms that create AD are oxidative stress, inflammation, and mitochondrial dysfunction [1–6].

Neuroinflammation has a critic role in the pathophysiology of acute and chronic neurologic disease. The connection between neurodegenerative diseases and neuroinflammation has been shown in clinical and experimental studies [7–10]. The activation of microglia is the main actor in this process. Microglial cells are macrophages of the central nervous system (CNS) and are responsible for the innate immune

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response. They show dual effects of modulating neuroinflammation and cell death [8, 11–13]. Microglial cells have different functions, so activation of microglial cells is essential for proper function in the diseased and healthy brain. Chronic activation of microglial cells creates a proinflammatory environment that is important for the development and progress of the disease. This environment caused by the chronic activation of microglial cells and microglial activity is considered to be decisive in the pathogenesis of AD due to protein aggregation [12–18].

Galectin-3 is a member of the galectin family including β galactoside lectins, which are produced or secreted by eosinophils, macrophages, mast cells, and various tissues. Galectin-3 is an immune-modulating agent that has a role in different biologic activities such as cell proliferation, activation, adhesion, macrophage activation, phagocytosis, migration, angiogenesis, and apoptosis [10]. Also, galectin-3 acts as an endogenous ligand for TLR4 driving microglial activation [20]. Increasing levels of galectin-3 are associated with various diseases including autoimmune diseases, cancers, cardiovascular diseases, and neurodegenerative diseases [10, 19–22]. Previous studies have reported an increase at Galectin-3 levels in microglia [19, 23]. In a study by Jang et al. in 2009, in an experimental autoimmune encephalomyelitis, Galectin-3 deficiency was reported to reduce disease severity and inflammation [24]. In another study, galectin-3 deficiency has been shown to increase ischemic damage after cerebral ischemia [23]. Siew et al. stated in their study in 2019 that Galectin-3 is required for microglia-related inflammation in Huntington disease [25]. These studies show us that galectin-3 has a completely unexplained role in microglial inflammation.

Microglial activation is associated with many neurodegenerative diseases [3, 4, 17, 26–28]. As a result, pharmacologic interventions for inflammation that develops due to microglial activation may be a hopeful therapeutic target. In our study, it was aimed to collect data on the role of the microglial activation/inflammation in the etiology of AD, and the possible effects on the continuum of the stages of the disease through the detection of serum galectin-3 levels in patients with AD by disease stage.

Materials and methods

Population and sample

Our study was performed on 118 people, 57 who were diagnosed as having AD according to the National Institute of Neurological and Communicative Disorders and Stroke-Alzheimer's Disease and Related Disorders Association (NINCDS-ADRDA) criteria and staged using the scales of the Clinical Dementia Rating (CDR) and Mini-Mental State

Examination (MMSE), and 61 healthy people with the same age, sex, and body mass index (BMI) [29].

For the patient and control groups, chronic diseases except for regulated hypertension, an acute or chronic infectious condition, malnutrition, obesity, cigarette or alcohol use, and using medication that could affect the neuroinflammatory system (e.g. steroids, immunosuppressive) were considered as exclusion criteria.

Data collection tools

For both the patient and control groups, every individual's chronic diseases, a medicine used, and BMI were recorded. The MMSE was conducted for both the patient and control groups, and CDR staging was only performed for the AD patient group.

The CDR is used to determine functional destruction through the evaluation of memory, orientation, judgement and problem-solving, public events, hobbies, and personal hygiene in patients with AD. Its stages are divided as 0 (no destruction) to 3 (severe dementia) [5, 30].

The MMSE is a standardized test that is used to evaluate the mental level under five main topics, which are orientation, record memory, attention, calculation, remembering, and language. The Turkish validity and reliability studies have been completed [31].

Analysis of biochemical parameters

Venous blood samples were taken from patients and healthy controls after 12–14 h' fasting. Separator gel tubes were used to obtain serum, with potassium-EDTA tubes used for blood counts. After being centrifuged for 10 min at 3000 rpm, plasma was separated and stored at -80°C . Serum C-reactive protein (CRP) levels were studied in our laboratory. CRP values were analyzed by wr-CRP and method on a Cobas c501 analyzer, using the latex-enhanced immunoturbidimetric assay (wr-CRP: C-Reactive protein Gen. 3 reagent kit, turbidity measurement at 546 nm; the analytic measurement range of wr-CRP and was 0.3–350 mg/L. Complete blood count (CBC) were collected from the results. Galectin-3 levels in human blood are evaluated using an enzyme-linked immunosorbent assay (ELISA) kit. The plate has been pre-coated with human GALECTIN-3 antibody. GALECTIN-3 present in the sample is added and binds to antibodies coated on the wells. And then biotinylated human GALECTIN-3 Antibody is added and binds to GALECTIN-3 in the sample. Then Streptavidin-HRP is added and binds to the Biotinylated GALECTIN-3 antibody. After incubation unbound Streptavidin-HRP is washed away during a washing step. Substrate solution is then added and color develops in proportion to the amount of human GALECTIN-3. The reaction is terminated by addition of acidic stop solution and

absorbance is measured at 450 nm. Galectin-3 levels are calculated as pg/dL.

Statistical analysis

Statistical analysis of data was performed using SPSS 22.0; Analyze- it and Medcalc statistical programs. Demographic data are summarized as number, mean and standard deviation. To test for normal distribution of data, the Kolmogorov–Smirnov test was used for samples larger than 50, and the Shapiro–Wilk test was used for smaller samples. The comparison of categorical variables was performed using Fisher’s exact test. For the comparison of two groups of numerical values, the Mann–Whitney U test was used for samples without normal distribution, and the independent samples *t* test was used for samples with a normal distribution. Mann–Whitney U test was used to compare numerical values in three groups for samples without normal distribution and one-way analysis of variance (ANOVA) for samples with a normal distribution. After multiple comparisons, to assess which group(s) caused the differences, Bonferroni comparison test used. Spearman’s rho correlation test was used to compare samples with continuous variables. All tests took the statistical significance level as $p < 0.05$.

Results

In the study, we analyzed 118 people, 57 with AD and 61 healthy people as a control group. The serum galectin-3 levels were significantly higher in patients with AD compared with the control group ($p = 0.003$). There were no significant differences between the patients with AD and controls in any of the other collected parameters ($p > 0.05$) (Table 1).

It was observed that in all patients with AD, parallel to the stage of the disease, serum galectin-3 levels, patient’s age, and duration of disease were statically and significantly increased ($p < 0.05$). In addition, MMSE scores significantly decreased with increasing disease stage in both sexes ($p < 0.05$) (Table 2, Fig. 1).

Discussion

It has been reported in different studies that in neurodegenerative diseases, mainly AD and Parkinson’s disease (IPH), and in many neurologic conditions such as trauma or ischemic brain damage, encephalomyelitis, epilepsy, mediated neuroinflammation, increased plasma galectin-3 levels via the peripheral immune system and glia are important in the etiopathogenesis [10, 13, 32–37]. Studies have found that Galectin-3 acts as a biomarker for diagnosis or prognosis of many systemic diseases and cancers [35, 37–39]. The

Table 1 Demographic, anthropometric, and blood parameters in the Alzheimer and control groups

Trait	AH		Control		<i>p</i> -value
	<i>n</i>	Mean \pm SD	<i>n</i>	Mean \pm SD	
Age (years)	57	79.05 \pm 6.96	61	77.65 \pm 7.665	0.257
Sex	57		61		0.410
Female	35		37		
Male	22		24		
MMSE	57	17.86 \pm 4.295	61	28.02 \pm 1.157	< 0.001
BMI (kg/m ²)	57	26.725 \pm 3.053	61	26.484 \pm 2.28	0.214
Hemoglobin (g/dL)	57	13.902 \pm 0.898	61	13.797 \pm 1.252	0.547
CRP (mg/dL)	57	0.113 \pm 0.066	61	0.145 \pm 0.098	0.308
Neutrophil (K/ μ L)	57	3.527 \pm 0.848	61	4.013 \pm 1.223	0.058
Urea (mg/dL)	57	31.528 \pm 7.612	61	28.665 \pm 6.967	0.053
Creatinine (mg/dl)	57	0.782 \pm 0.082	61	0.762 \pm 0.091	0.220
Galectin-3 (pg/ml)	57	238.524 \pm 160.17	61	178.001 \pm 8.329	0.003

Mean \pm standard deviation, Statistical significance level $p < 0.05$, CRP: C-Reactive Protein, BMI: Body Mass Index, MMSE: Mini Mental State Examination

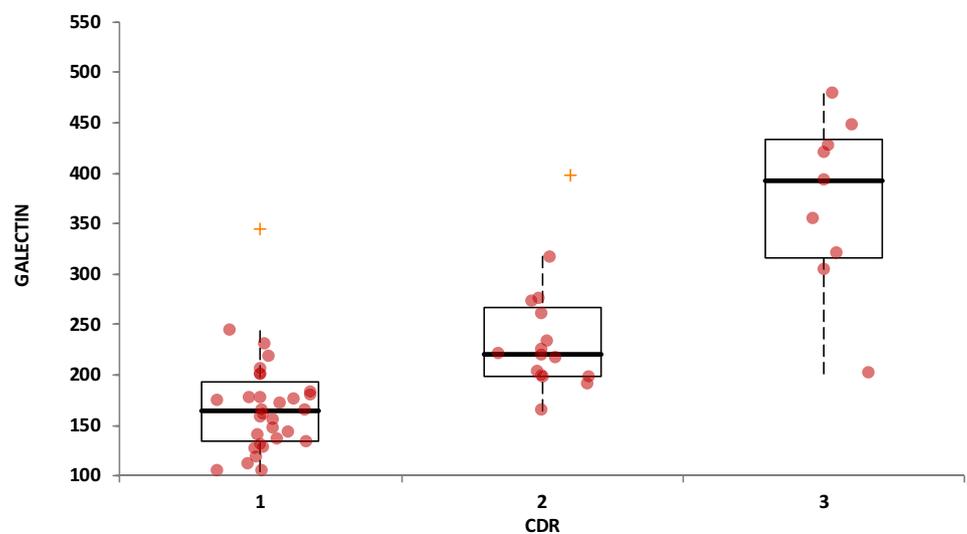
inflammatory hypothesis of AD tries to explain the progression of the disease from the point of view of the activation of the innate immune system in the brain. One of the main actors in this hypothesis is microglial cells. The main components of the innate immune system in the CNS are microglial cells, astrocytes, oligodendrocytes, neutrophils, and the complement system. Microglia are homologues of macrophages in the CNS and they share similar functions, such as debris clearance, neural development, phagocytosis of apoptotic cells, and synaptic formation [35, 36, 40, 41].

Galectin-3 is a very useful protein that creates a proinflammatory reaction by activating the microglia, lymphocytes, and macrophages, and it is reported to have a close connection in diseases showing neurodegeneration [19, 20, 40, 42]. Galectin-3 is an inflammatory tool that is known to be highly expressed in some activated inflammatory cells including microglia [10, 16]. Ashraf et al. evaluated galectin-3 levels in the brain, spinal cord fluid, and serum samples in 31 patients with AD, 19 with amyotrophic lateral sclerosis (ALS), and 50 healthy people in 2018 and they found galectin-3 levels were significantly higher in the patient groups than in the control group [40]. Similarly, Wang et al. reported that galectin-3 played a role in neuropathogenesis and might be a potential biomarker for AD [43]. Another study found that galectin-3 contributed to the permanent destruction of the blood–brain barrier in secondary

Table 2 Data for male and female patients with AD according to stage

Sex	Stage 1		Stage 2		Stage 3		<i>p</i> -value
	<i>n</i>	Mean ± SD	<i>n</i>	Mean ± SD	<i>n</i>	Mean ± SD	
Females							
Age (years)	19	76.63 ± 6.542	10	82.4 ± 5.016	6	87.83 ± 7.083	0.005
DD (years)	19	2.42 ± 0.961	10	6.5 ± 3.171	6	8 ± 1.897	< 0.001
Galectin-3 (pg/mL)	19	168.97 ± 57.152	10	252.285 ± 57.104	6	483.035 ± 362.56	< 0.001
MMSE	19	19.89 ± 1.449	10	15.9 ± 3.381	6	10 ± 3.578	< 0.001
Males							
Age (years)	13	74.77 ± 5.615	6	80 ± 4.382	3	82.33 ± 3.786	0.040
DD (years)	13	2.62 ± 1.121	6	5 ± 2.757	3	9 ± 1	0.006
Galectin-3 (pg/mL)	13	193.623 ± 100.423	6	211.962 ± 53.256	3	391.83 ± 35.977	0.020
MMSE	13	21.62 ± 1.387	6	17 ± 2.366	3	12.67 ± 3.215	0.001
Total							
Age (years)	32	75.88 ± 6.158	16	81.5 ± 4.789	9	86 ± 6.519	< 0.001
DD (years)	32	2.5 ± 1.016	16	5.94 ± 3.021	9	8.33 ± 1.658	< 0.001
Galectin-3 (pg/mL)	32	178.985 ± 77.147	16	237.164 ± 57.519	9	452.633 ± 290.79	< 0.001
MMSE	32	20.59 ± 1.643	16	16.31 ± 3.005	9	10.89 ± 3.516	< 0.001

Mean ± standard deviation, statistical significance level $p < 0.05$, DD: disease duration, MMSE: Mini-Mental State Examination

Fig. 1 The relationship between galectin -3 level and stage in patients with AD

progressive multiple sclerosis (SPMS) and suggested it as a new biomarker for SPMS [44]. In another study conducted with 45 IPH patients, serum Galectin-3 levels were significantly higher in the patient group compared to the control group. In the same study, serum Galectin 3 levels were found to be significantly higher in parallel with disease severity and duration [10]. Boza-Serrano et al. found that galectin 3 levels were higher in Alzheimer and rat AD brains. Their study revealed that galectin-3 deficiency improved cognitive behavior by reducing the burden of beta-amyloid plaques in rat' brains [45]. In our study, the role of microglial activation, which is considered to be important in the disease pathogenesis, was evaluated by comparison of disease stage

and patient's sex with serum galectin-3 levels in patients with AD. Our data showed that serum galectin-3 levels were higher in patients with AD compared with the control group, in parallel with increasing disease stage.

An important superiority of the study was that there was no statistically significant difference between the patient and control groups in terms of other parameters as age, gender, urea, creatinine, hemoglobin, neutrophil, CRP, BMI levels. Our studies important limitations were our study's cross-sectional design, our sample size being small and the patient and control groups' exercise frequency, and the possible effects of medicines they were using not being evaluated were the important limitations of our study. Accordingly,

further comprehensive studies with larger study population on the relation of AD and serum galectin-3 levels are needed.

Conclusion and recommendations

In conclusion, serum galactin-3 levels may be associated with AD and may be a potential biomarker for the identification of disease in the early stages. In future years, serum galectin-3 level will likely become an important biomarker and therapeutic agent for chronic neurodegenerative diseases such as AD.

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Compliance with ethical standards

Conflict of interest All authors declare that they have no conflict of interest.

Ethical aspect of the research and consent to participate To perform the study, permission was granted by Ordu University Education and Research Hospital ethics committee (Decision number: 2019/14). All patients provided written informed consent.

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