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# Accepted Manuscript

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# Urinary extracellular vesicle protein profiling and endogenous lithium clearance support excessive renal sodium wasting and water reabsorption in thiazide induced hyponatremia

**Running Title:** Urinary extracellular vesicles and lithium in TIH

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## 1 **Abstract**

2 Introduction: Thiazide diuretics are amongst the most widely used anti-hypertensive  
3 medicines worldwide. Thiazide-Induced Hyponatremia (TIH) is one of their most  
4 clinically significant adverse effects. *A priori* TIH must result from excessive saluresis  
5 and/or water reabsorption. We hypothesised that pathways regulating the thiazide-  
6 sensitive NCC and the water channel AQP<sub>2</sub> may be involved. Our aim was to assess  
7 whether patients with TIH show evidence of altered NCC and AQP<sub>2</sub> expression in  
8 urinary extracellular vesicles (UEVs), and also whether abnormalities of renal sodium  
9 reabsorption were evident using Endogenous Lithium Clearance (ELC).

10 Methods: Blood and urine samples were donated by patients admitted to hospital with  
11 acute symptomatic TIH, after recovery to normonatremia, and also from normonatremic  
12 controls on and off thiazides. UEVs were isolated and target proteins evaluated by  
13 Western blotting and by Nanoparticle Tracking Analysis (NTA). ELC was assessed by  
14 Inductively Coupled Plasma Mass Spectrometry.

15 Results: UEVs analysis by Western blotting showed that patients with acute TIH display  
16 reduced total NCC and increased phospho-NCC and AQP<sub>2</sub> relative to appropriate  
17 control groups; smaller differences in NCC and AQP<sub>2</sub> expression persisted after  
18 recovery from TIH. These findings were confirmed by NTA. Renal ELC was lower in  
19 acute TIH compared to controls and convalescent cases.

20 Conclusion: Reduced NCC expression and increased AQP<sub>2</sub> expression would be  
21 expected to result in saluresis and water reabsorption in TIH patients. This study raises  
22 the possibility that UEV analysis may be of diagnostic utility in less clear cut cases of  
23 thiazide associated hyponatremia and may help identify those at risk of TIH before  
24 thiazide initiation.

## 25 **Keywords**

26 1.Thiazide

27 2.Diuretic

28 3.Sodium

29 4.Hyponatremia

30 5.Hypertension

31 6.Urinary extracellular vesicles

## 1 Introduction

2 Thiazide diuretics have been used in the management of hypertension for more than  
3 half a century<sup>1</sup>. They lower blood pressure by inhibition of the sodium-chloride  
4 cotransporter, NCC, in the Distal Convolved Tubule (DCT) and have all-cause mortality  
5 benefits equivalent to ACE inhibitors and calcium channel antagonists<sup>1,2</sup>. Although  
6 thiazides are generally well tolerated, their use is limited in a minority of patients due to  
7 hyponatremia<sup>3</sup>. Owing to the very large number of patients prescribed thiazides,  
8 Thiazide Induced Hyponatremia (TIH) is the most common cause of drug-induced  
9 hyponatremia requiring hospitalization<sup>4,5</sup>.

10  
11 The mechanisms underlying TIH remain unclear. Risk factors for TIH include advanced  
12 age, reduced body mass and concurrent use of other medications which impair water  
13 excretion<sup>6</sup>. *A priori* TIH must result from excessive saluresis and / or water reabsorption  
14 (or ingestion). It therefore seems likely that excessive saluresis and / or water  
15 reabsorption (or ingestion) occurs via altered regulation of NCC and/or AQP<sub>2</sub>. As  
16 thiazide diuretics have not, to the best of our knowledge, been reported to produce  
17 saluresis with a urinary sodium concentration greater than plasma, this suggests that  
18 excessive water reabsorption (or ingestion) is a fundamental part of the pathogenesis of  
19 TIH. Our aim in this study was to probe the molecular mechanisms underlying TIH by  
20 investigating whether patients with TIH exhibit evidence of altered regulation of NCC  
21 and AQP<sub>2</sub>.

22  
23 NCC is located in the renal cortex, therefore thiazides reduce maximal urinary diluting  
24 ability by increasing sodium excretion without affecting the renal medullary sodium  
25 gradient required for water reabsorption from the collecting duct<sup>7</sup>. NCC exists in three  
26 isoforms<sup>8</sup>. NCC<sub>1&2</sub> vary by only 1 amino acid<sup>8</sup>. NCC<sub>3</sub> however is 9 amino acids longer; it  
27 constitutes approximately 40% of NCC in the human nephron. NCC regulation occurs  
28 principally by two mechanisms: regulation of apical membrane abundance (Type 1  
29 regulation) and regulation of transporter kinetics (Type 2 regulation), the latter being  
30 controlled by phosphorylation of key N-terminal serine and threonine residues (Thr 60,  
31 Thr 55 and Ser 91)<sup>9,10</sup>. Urinary concentration principally occurs through the vasopressin-  
32 AQP<sub>2</sub> pathway in the collecting duct<sup>11-13</sup>. Moreover, microperfusion studies suggest  
33 thiazides may induce upregulation of aquaporin-2 (AQP<sub>2</sub>), increasing the water  
34 permeability of the collecting duct<sup>14,15</sup>. Locally derived Prostaglandin E<sub>2</sub> (PGE<sub>2</sub>) is a key

1 modulator of this pathway<sup>16,17</sup> and its reuptake into collecting duct cells is determined by  
2 a PGE<sub>2</sub> specific ProstaGlandin Transporter (PGT). A recent study has suggested  
3 modest genetic associations with TIH including aberrant PGE<sub>2</sub> reuptake in the distal  
4 nephron which may increase AQP<sub>2</sub>-mediated water reabsorption in a subset of patients  
5 who carry a variant within *SLCO2A1*, the gene encoding PGT<sup>18</sup>.

6  
7 Urinary Extracellular Vesicles (UEVs) are spherical, structured membrane vesicles  
8 which are formed by cells throughout the nephron<sup>19</sup>. Because UEVs contain cell derived  
9 membrane transporters and channels, their analysis is an attractive and non-invasive  
10 method to study renal tubular pathophysiology in patients<sup>20-22</sup>.

11  
12 Since lithium is absorbed along with sodium throughout the nephron it is possible to use  
13 measurement of lithium clearance to assess tubular sodium reabsorption. Renal lithium  
14 clearance likely reflects mostly proximal tubular sodium reabsorption because this is  
15 where the majority of sodium is reabsorbed<sup>23</sup>. Measuring Endogenous Lithium  
16 Clearance (ELC) is preferable to exogenous lithium clearance following ingestion of  
17 lithium tablets, since it negates any potential effect which therapeutic doses of lithium  
18 may have on distal nephron physiology including water trafficking<sup>24</sup> and is also more  
19 convenient for research volunteers.

20  
21 To fulfil our aim of investigating whether patients with TIH exhibit evidence of altered  
22 regulation of NCC and AQP<sub>2</sub> we report analysis of urinary extracellular vesicle NCC and  
23 AQP<sub>2</sub> in TIH patients and controls. We also report assessment of renal tubular sodium  
24 reabsorption in TIH patients by measurement of endogenous lithium clearance.

25

## 26 **Methods**

### 27 **Clinical recruitment**

28 This study was conducted in line with the standards of ICH/Good Clinical Practise  
29 sections 8.2.8 in adherence to the Declaration of Helsinki and was approved by the UK  
30 national research ethics committee (reference 11/EM/0233). Informed consent was  
31 given by all participants. Between April 2012 and August 2015 a daily search of the  
32 biochemistry data base of all patients admitted to the department of internal medicine at  
33 Nottingham University Hospitals NHS Trust, UK was undertaken to identify those  
34 patients with serum sodium <130mM (cases). Patients were reviewed by the

1 investigators to establish those whose hyponatremia was due to a thiazide diuretic  
2 (TIH). Normonatremic thiazide and non-thiazide controls (serum sodium 135-145 mM)  
3 were identified by primary care surgeries in Nottinghamshire and matched as closely as  
4 possible to the cases for age, sex, comorbidities and polypharmacy. TIH cases were  
5 also assessed in the outpatient clinic two months after thiazide cessation (termed  
6 normonatremic TIH cases off thiazides). The cases here were a subset of those  
7 previously reported<sup>18</sup> and are composed of the small number of acutely hyponatremic  
8 TIH patients who were able to produce a mid-morning spot urine sample suitable for the  
9 current study.

10

### 11 **Urine collection and processing**

12 Second morning spot urine samples (30ml) were collected in sterile containers from TIH  
13 patients and control groups (Supplementary Table 1). Protease inhibitor cocktail tablets  
14 (Roche Diagnostics) were added to urine samples immediately following collection and  
15 samples stored at -80°C. Fresh urine samples were processed the same day.

16

### 17 **UEV isolation and total protein estimation**

18 Urinary nanovesicles, including UEVs were isolated from both fresh and frozen urine by  
19 Ultrafiltration (Vivaspin 20 MWCO 100 kDa - Sartorius Stedim, UK). Before processing  
20 of urine samples, nanomembrane concentrators were washed with PBS buffer to  
21 remove glycerol and other preservatives and then centrifuged at 2500 g for 5 min at RT.  
22 Frozen urine samples were thawed on ice, 1ml DTT (100 mg/ml final concentration) was  
23 added, extensively vortexed and incubated for 30 mins at 37°C before UEVs isolation.  
24 All samples were centrifuged (2500 g for 15 min at 4°C) for urinary cells removal. Cell  
25 pellet (CP) was suspended in lysis buffer (1.5% SDS and 50 mM Tris-HCl with protease  
26 inhibitor, pH 6.8) and stored at -80°C. Further filtration of supernatant using 0.22 µm  
27 filters (Millipore, UK) was undertaken to remove debris. 25 mL of filtered supernatant  
28 was centrifuged at 15000 g for 30 min at 4°C. The urine supernatants were then added  
29 to Vivaspin nanomembrane concentrators and centrifuged at 4800 g for 1 h. at 4° C.  
30 Concentrated UEVs were treated with 50 µl DTT, added directly in to the filters and  
31 incubated for 10 min at 37° C. Isolated urinary extracellular vesicles were directly  
32 suspended in lysis buffer and stored at -80°C. Total urine (TU) and flow through (FT)  
33 fractions were also stored at -80°C and -20°C. Total soluble protein concentration was  
34 quantified with BCA assay (Pierce®, Thermo Scientific, UK).

1

## 2 **Electrophoresis and Western immunoblotting**

3 25µg total soluble protein per sample was electrophoresed on 7.5 % (NCC and PNCC), 10%  
4 (ALIX and PGT) and 12.5% (AQP<sub>2</sub>) acrylamide gels. SDS-PAGE was performed on PVDF  
5 membrane (Bio-Rad, UK). UEVs AQP<sub>2</sub> was detected by probing the blots with 1:500 diluted  
6 anti-AQP<sub>2</sub> antibody (Sigma, UK) followed by anti-rabbit IgG HRP-conjugated antibody  
7 (Sigma, UK). UEVs NCC<sub>3</sub> was probed with 1:500 diluted anti-NCC primary antibody  
8 (Millipore, UK) followed by anti-rabbit IgG HRP-conjugated antibody (Sigma, UK). UEVs  
9 NCC<sub>1&2</sub> was probed with 1:500 diluted anti-NCC primary antibody (21<sup>st</sup> Century Biochemicals,  
10 USA) followed by anti-rabbit IgG HRP-conjugated antibody (Sigma, UK). UEVs PNCC  
11 (phosphorylated at T55, T60 and S91) was detected by probing blots with anti-PNCC  
12 antibodies (University of Dundee, UK), each at 1:500 (0.2–1.2 µg/ml) followed by anti-sheep  
13 IgG HRP-conjugated antibody (Sigma, UK). To detect specific phosphorylated forms of NCC,  
14 the corresponding nonphosphorylated peptide was incubated with primary antibody (10  
15 µg/ml). UEVs PGT was probed with 1:200 diluted anti-PGT primary antibody (Cayman, UK)  
16 followed by anti-rabbit IgG HRP-conjugated antibody (Sigma, UK). The anti- AQP2 and NCC  
17 antibodies used target intracellular domains of AQP2 and NCC. Vesicles did not undergo  
18 prior permeabilisation. Urinary cell pellet was used as a negative control for Western blots.  
19 UEVs ALIX was detected by probing the blots with 1:1000 diluted anti-ALIX antibody (Abcam,  
20 UK) followed by anti-rabbit IgG HRP-conjugated antibody (Sigma, UK). Western blot data  
21 were corrected for ALIX as indicated the relevant figure legends. This method of correction  
22 by ALIX is as previously reported<sup>27</sup>. The immunocomplex was detected by ECL  
23 chemiluminescence (GE Healthcare, UK) on X-Omat AR films (Kodak, UK). Normalization  
24 was carried using UEVs ALIX and bands were quantified using Image J<sup>®</sup> software. Density of  
25 each band was divided by the band from the same sample stained with amido black. The  
26 differential expression of UEVs proteins densitometry values among all different groups was  
27 evaluated by using one-way ANOVA followed by Tukeys multiple comparison tests (Graph  
28 Pad Prism V6.05). P < 0.05 was considered significant.

## 29 **Nanoparticle Tracking Analysis**

30 NTA is a light-scatter microscopy method of tracking microparticles and nanoparticles on the  
31 basis of direct and real-time tracking of the particles Brownian movement, which results in a  
32 description of the particle size and concentration distribution in a given solution. NTA can be  
33 used to count and measure specific subgroups of nanoparticles using fluorescent antibodies



1 against nanoparticle proteins, including extracellular vesicles derived from kidney cells in  
2 culture and in urine<sup>25</sup>.

3 AQP<sub>2</sub> and NCC-expressing UEVs were analyzed using the NanoSight LM 10 instrument  
4 (NanoSight Ltd, Amesbury, United Kingdom). The analysis settings were optimized and kept  
5 constant between samples, and each video was analyzed to give the mean, mode, median,  
6 and estimated concentration for each particle size. All experiments were carried out at a  
7 1:1000 dilution of unprocessed urine, yielding particle concentrations in the region of  $1.3 \times 10^8$   
8 particles/ml in accordance with the manufacturer's recommendations. For fluorescent NTA  
9 analysis, a 532-nm (green) laser diode excited the fluorescent-loaded ECVs with a long-pass  
10 filter (430 nm). For quantification of AQP<sub>2</sub> (Millipore, Billerica, MA, USA and NCC (Chemicon  
11 USA), primary antibodies were fluorescent-labeled by conjugation to Quantum dots. All  
12 samples were analyzed in triplicate to give one value per patient. NCC and AQP<sub>2</sub> data were  
13 normalised by urinary creatinine.

#### 14 **Endogenous Lithium measurement**

15 Serum and urine samples were prepared for analysis with a 1:25 dilution in 0.5% nitric acid  
16 (Romil, Cambridge, UK) containing 0.05% Triton-X 100 (Romil, Cambridge, UK) and  
17 40ng/mL beryllium (Alfa Aesar, Massachusetts, USA) as an internal standard.  
18 Measurements were performed on an Agilent 7900 ICP-MS (Agilent Technologies, USA)  
19 operated in no-gas mode with the RF generator power set to 950W giving a "cold" plasma.  
20 Lithium was measured at m/z ratio of 7 and was normalised to the beryllium internal standard  
21 at m/z 9. Calibration solutions were prepared by diluting a 1000 ug/mL lithium standard (Alfa  
22 Aesar, Massachusetts, USA) in 2% nitric acid (Romil, Cambridge, UK) to give concentrations  
23 of 0.0352, 0.141, 0.563, 2.25, 9 and 36 umol/L. Seronorm trace elements urine quality  
24 control materials (Sero, Billingstad, Norway) and an in-house serum control were analysed in  
25 each batch.

## 26 27 **Results**

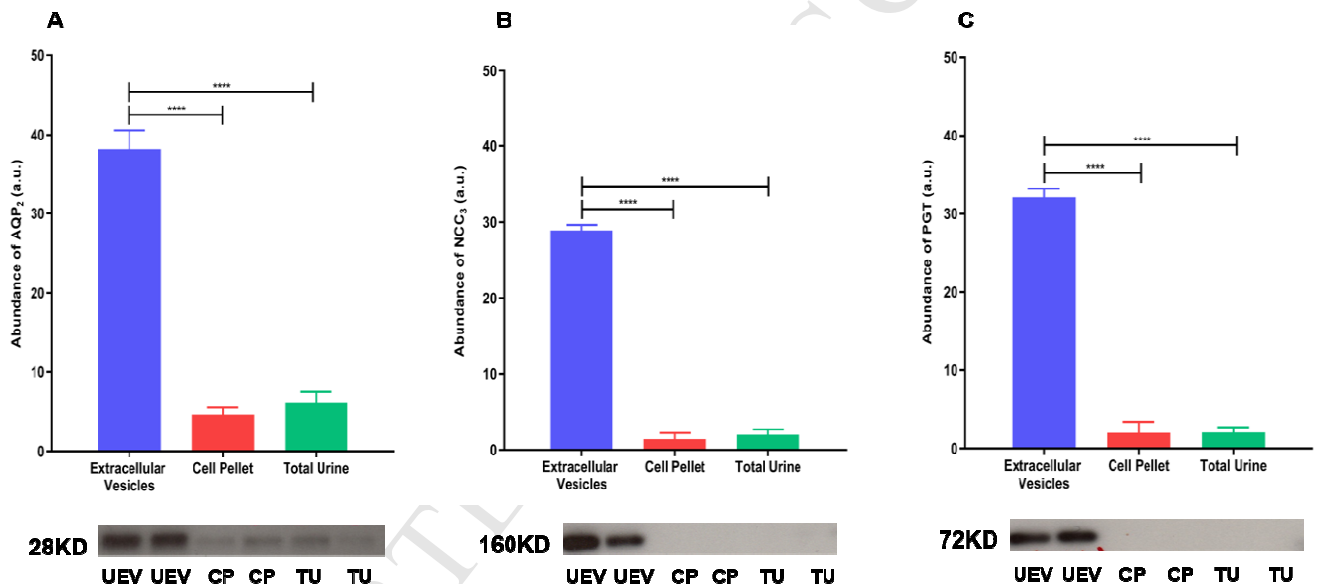
### 28 **UEV characterization and validation**

29  
30 Western blot analysis of AQP<sub>2</sub>, NCC<sub>3</sub> and PGT was undertaken in healthy volunteers to  
31 establish (a) the principal urinary fraction(s) these transporters are excreted in (urinary  
32 extracellular vesicles (UEVs), Cell Pellet (CP) or Total Urine (TU)) and (b) the optimal

1 method of storage of urine samples for UEVs analysis (fresh vs. frozen urine stored at  
2 either  $-20^{\circ}\text{C}$  or  $-80^{\circ}\text{C}$ ).

3  
4 The abundance of AQP<sub>2</sub>, NCC<sub>3</sub> and PGT was much greater in UEVs than either CP or  
5 TU, confirming that UEVs are the most appropriate fraction of urine to study (Figure 1).  
6 The abundance of AQP<sub>2</sub>, NCC<sub>3</sub>, and PGT in UEVs from freshly collected urine was not  
7 significantly different to urine which had been stored at  $-80^{\circ}\text{C}$  with protease inhibitor  
8 (Supplementary Figure 1); however AQP<sub>2</sub> and NCC<sub>3</sub> abundance was significantly less  
9 in the UEVs of urine stored at  $-20^{\circ}\text{C}$  compared to that from urine stored at  $-80^{\circ}\text{C}$ .  
10 (Supplementary Figure 2).

11



12

13 **Figure 1: Western blot analysis of AQP<sub>2</sub>, NCC<sub>3</sub> and PGT in different urinary**  
14 **fractions demonstrates expression predominantly in urinary extracellular**  
15 **vesicles.** Abundance of AQP<sub>2</sub> (A), NCC<sub>3</sub> (B) and PGT (C) are shown in Urinary  
16 Extracellular vesicles (UEVs), Cell Pellet (CP) and Total Urine (TU) fractions. Blots  
17 shown are representative of individual experiments. N=8 in each group. Data are  
18 corrected for exosomal expression of ALIX and are shown as mean  $\pm$  SEM. \*\*\*\* $p$  <  
19 0.0001.

20

### 21 **Expression of UEVs AQP<sub>2</sub>, NCC and PGT in TIH**

22

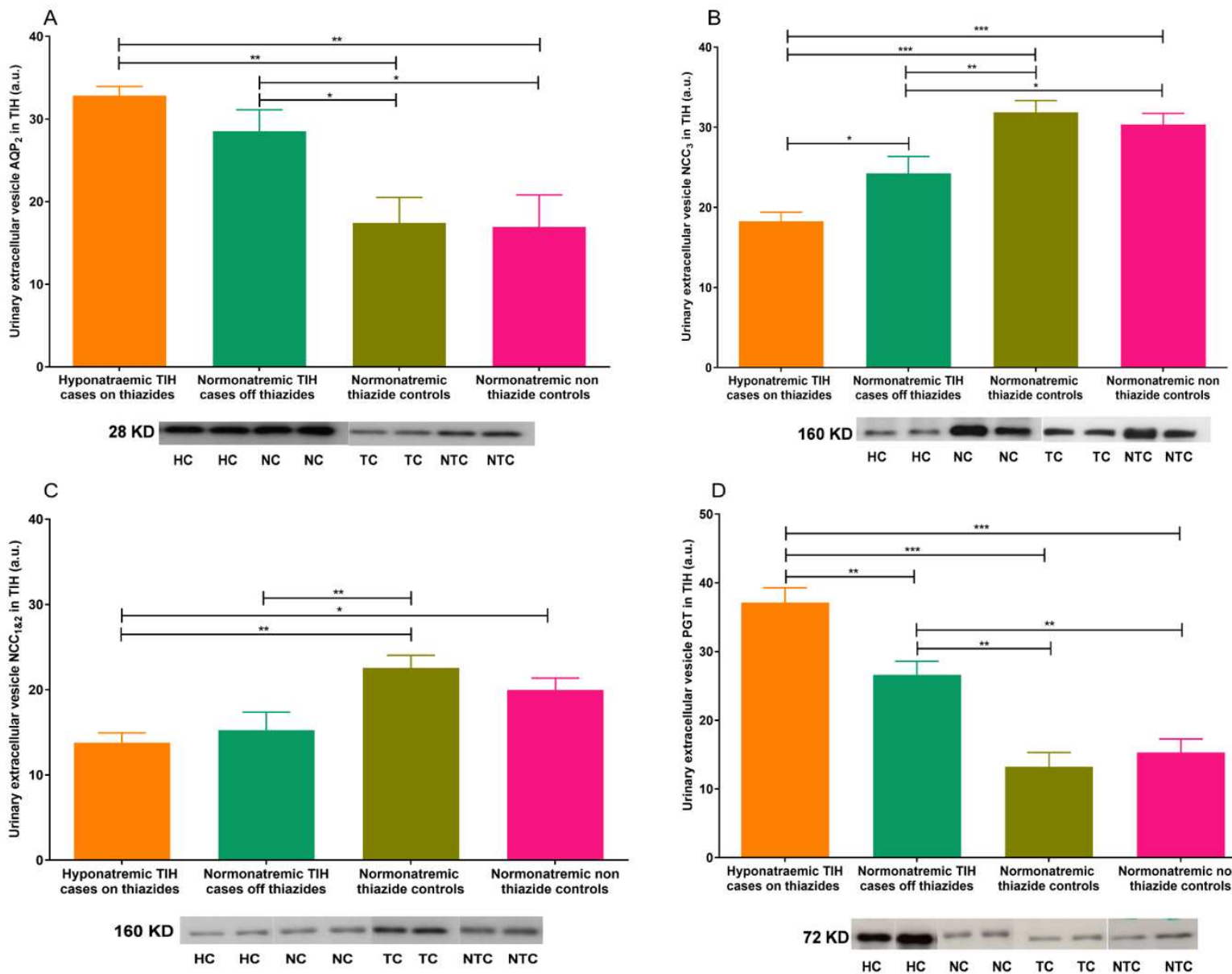
23 The clinical characteristics of TIH patients and controls are shown in Supplementary  
24 Table 1. UEV AQP<sub>2</sub> was significantly more abundant in acutely hyponatremic TIH cases  
25 on thiazides compared to normonatremic control patients on or off thiazides (Figure 2A).

1 Even when TIH cases had recovered to normonatremia, AQP<sub>2</sub> expression was still  
2 greater than controls (Figure 2A).

3  
4 UEV NCC<sub>3</sub> and NCC<sub>1&2</sub> were significantly less abundant in acutely hyponatremic TIH  
5 cases on thiazides compared to convalescent normonatremic TIH cases off thiazides  
6 and normonatremic controls on or off thiazides (Figure 2B and 2C). Although NCC  
7 abundance increased in TIH cases on recovery to normonatremia off thiazides, NCC  
8 expression was still 30% less than normonatremic controls off thiazide (Figure 2B and  
9 2C).

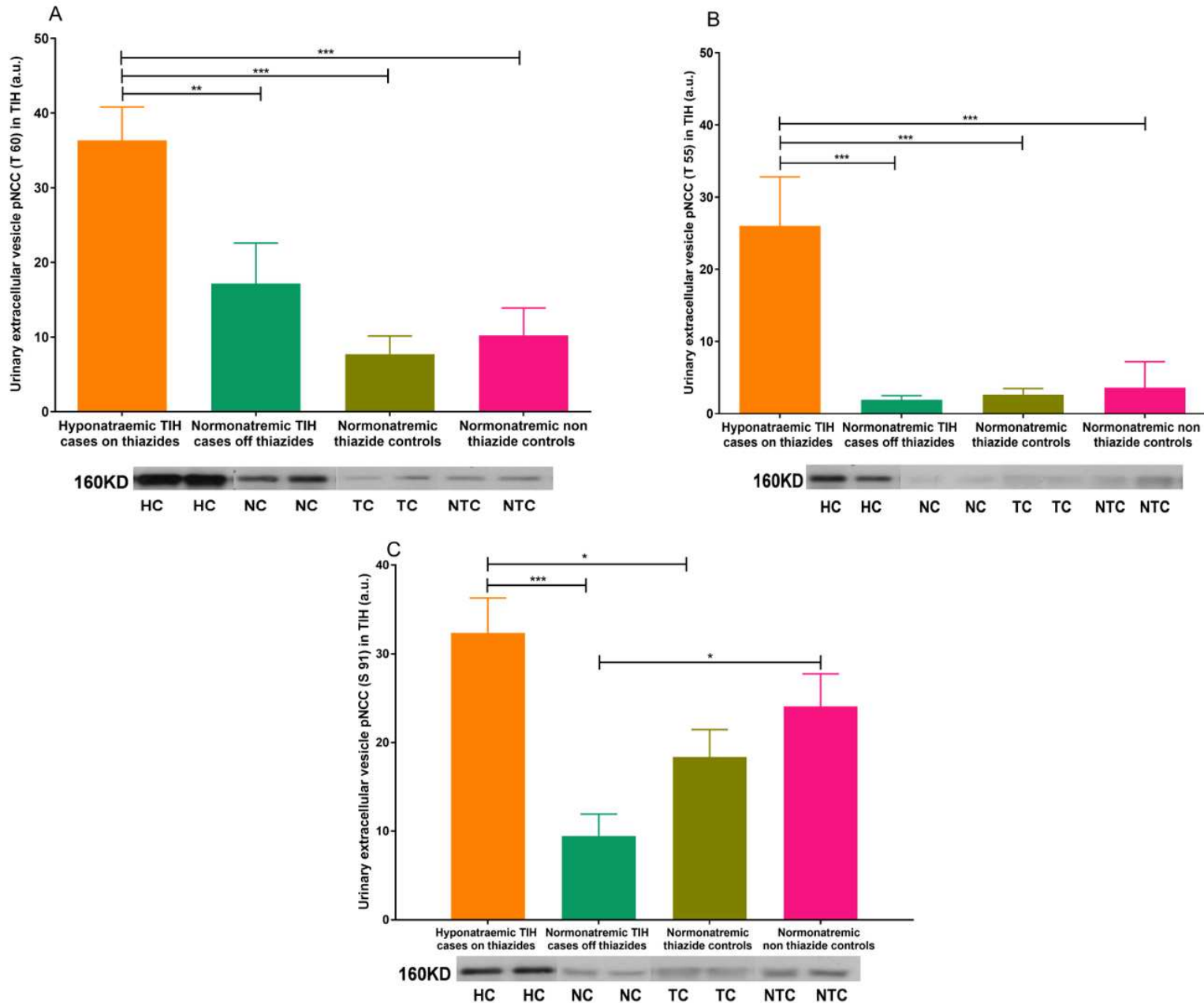
10  
11 Extracellular vesicle ProstaGlandin Transporter (PGT) was significantly more abundant  
12 in acutely hyponatremic TIH cases on thiazides compared to normonatremic controls on  
13 thiazides. Despite reduction in PGT in TIH cases following cessation of thiazide and  
14 recovery to normonatremia, PGT expression was still significantly greater than  
15 normonatremic controls off thiazides (Figure 2D).

16  
17 We also used a second method of UEVs analysis (Nanoparticle Tracking Analysis,  
18 NTA) to analyse differences in NCC<sub>3</sub> and AQP<sub>2</sub> excretion between these patient groups.  
19 NTA has been used previously to quantify the abundance of UEVs containing AQP<sub>2</sub><sup>25</sup>  
20 and NCC<sub>3</sub><sup>26</sup> in unprocessed urine samples. NTA analysis in our study showed that TIH  
21 patients had increased numbers of AQP<sub>2</sub> positive UEVs in both acutely hyponatremic  
22 and convalescent normonatremic states compared to controls (Supplementary Figure  
23 3). The numbers of NCC<sub>3</sub> positive UEVs were not significantly different between the  
24 groups. NTA analysis confirmed the changes in AQP<sub>2</sub> expression in TIH patients seen  
25 by Western blot analysis.



1  
2  
3 **Figure 2: Western blot analysis of AQP<sub>2</sub>, NCC and PGT in patients with TIH and**  
4 **controls.** Abundance of UEV (A) AQP<sub>2</sub>, (B) NCC<sub>3</sub> (C) NCC<sub>1&2</sub> and (D) PGT are shown.  
5 Blots shown are representative of individual experiments. Data are corrected for  
6 exosomal expression of ALIX and are shown as mean ± SEM. \*p < 0.05; \*\*p < 0.01; \*\*\*p  
7 < 0.001. Hyponatraemic TIH cases on thiazides (HC) n=8, normonatremic TIH cases off  
8 thiazides (NC) n=16, normonatremic thiazide controls (TC) n=16 and normonatremic  
9 non-thiazide controls (NTC) n=16.

10  
11 Assessment of NCC phosphorylation at three principal N-terminal locations known to  
12 accelerate transporter kinetics (T55, T60 and S91) was undertaken. Patients acutely  
13 hyponatraemic on thiazides with TIH displayed significantly greater phosphorylation at



1 T55, T60 and S91 than either convalescent normonatremic TIH cases off thiazides or  
 2 normonatremic controls on thiazides (Figure 3).

3

4

5 **Figure 3: Western blot analysis of N-terminal NCC phosphorylation in TIH :** Abundance  
 6 of UEV NCC phosphorylation at (A) T60, (B) T55 and (C) S91 is shown in acute TIH cases,  
 7 convalescent TIH cases, and controls on and off thiazide respectively. Blots shown are  
 8 representative of individual experiments. Data are corrected for exosomal expression of ALIX  
 9 and are shown as mean  $\pm$  SEM. \*  $p < 0.05$ , \*\* $p < 0.01$ , \*\*\* $p < 0.001$ . Hyponatraemic TIH cases

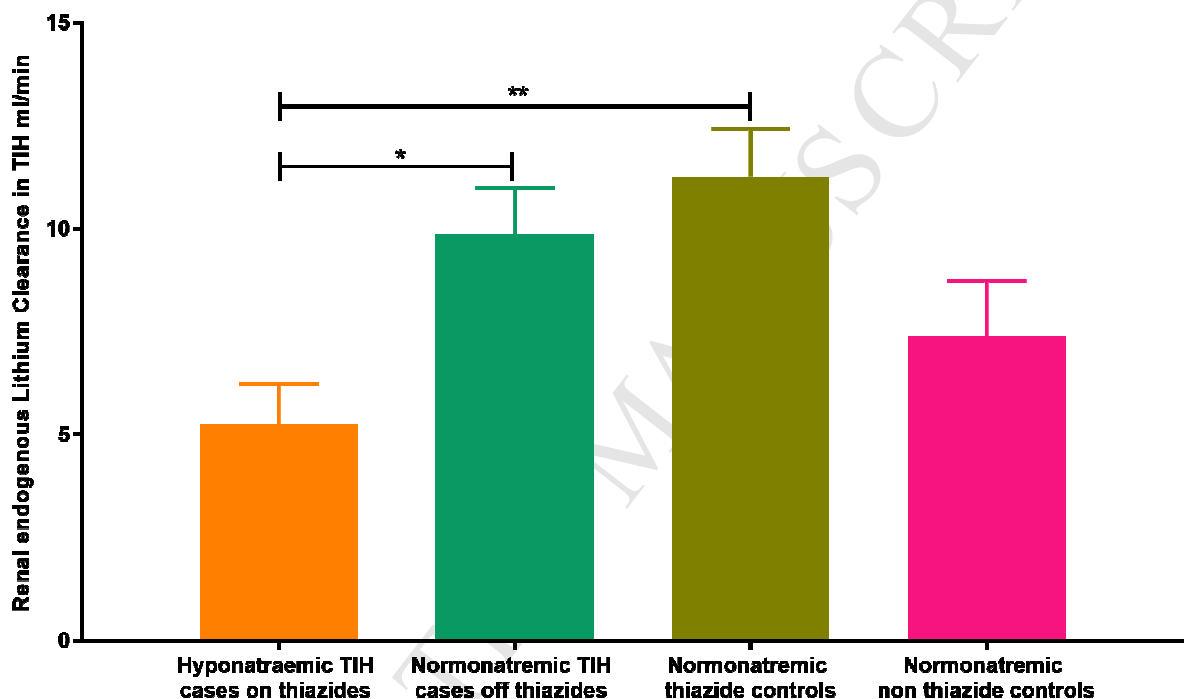
1 on thiazides (HC) n=8, Normonatremic TIH cases off thiazides (NC) n=16, Normonatremic  
2 thiazide controls (TC) n=16 and normonatremic non-thiazide controls (NTC) n=16.

3

#### 4 **Endogenous Lithium clearance in TIH**

5 Renal Endogenous Lithium Clearance (ELC) was lower in acutely hyponatremic TIH  
6 cases on thiazides compared to convalescent TIH cases on recovery to normonatremia  
7 following thiazide cessation (Figure 4). ELC was also lower in acutely hyponatremic TIH  
8 cases compared to normonatremic controls on thiazide (Figure 4).

9



10

#### 11 **Figure 4: Renal Endogenous Lithium Clearance (ELC) is reduced in acute TIH.**

12 ELC was lower in hyponatremic TIH cases on thiazides compared to either the  
13 normonatremic TIH cases off thiazides or normonatremic thiazide controls. N=7 in each  
14 group. Data represented as mean  $\pm$  SEM. \*  $p < 0.05$ , \*\*  $p < 0.01$ .

15

#### 16 **Discussion**

17 Here we report a non-invasive method of obtaining, preserving and analysing urinary  
18 extracellular vesicles from volunteer patients suffering from Thiazide Induced  
19 Hyponatremia who were admitted to an acute internal medicine department. In addition,  
20 analysis of distal nephron sodium, water and prostaglandin transporters contained  
21 within the extracellular vesicles suggests a possible mechanism which may underlie the

1 pathophysiology of TIH. These data add to what has been previously reported<sup>18</sup>  
2 by demonstrating that patients with acute TIH display reduced total NCC and increased  
3 phospho-NCC and AQP<sub>2</sub> in their UEVs relative to appropriate control groups.

4  
5 We have shown that the extracellular vesicles fraction is the most appropriate  
6 component of human urine in which to study the expression of NCC, AQP<sub>2</sub> and PGT.  
7 Further we demonstrate that it is not necessary to analyse only fresh urine samples and  
8 that samples frozen with protease inhibitor are equally suitable for use. This is important  
9 since if analysis was limited to fresh samples, the time consuming sample processing  
10 and immediate exosome isolation would make the study of acute medical conditions  
11 such as TIH very difficult. Since acquisition of a spot urine sample, addition of protease  
12 inhibitor tablet and storage in a freezer can be performed by the majority of clinical and  
13 research staff with very limited training required, such sample acquisition from acute  
14 medical patients becomes a much more feasible proposition.

15  
16 *A priori* TIH must result from excessive saluresis and/or water reabsorption. As thiazide  
17 diuretics have not been observed to produce saluresis with urinary sodium  
18 concentration greater than plasma, excess water reabsorption (or ingestion) is likely to  
19 be a fundamental part of TIH pathophysiology. Reduced renal expression of NCC and  
20 increased expression of AQP<sub>2</sub> in acute TIH would support the hypothesis that the  
21 pathophysiology of TIH results from a combination of both of these processes. We have  
22 successfully identified both NCC<sub>1&2</sub>, NCC<sub>3</sub> and determined the phosphorylation status  
23 of three key N terminal phosphorylation sites known to regulate NCC activity from the  
24 urinary extracellular vesicles. In addition reduced Endogenous Lithium Clearance (ELC)  
25 in acute TIH supports increased proximal sodium reabsorption reflecting augmented  
26 distal nephron sodium loss and so is complementary to the UEV data.

27  
28 The increased N-terminal phosphorylation state of NCC in acute TIH suggests some  
29 degree of physiological compensation to excessive distal nephron sodium loss, by  
30 attempting to maximally activate what NCC exists in the DCT. Why type 1 regulation of  
31 NCC (apical membrane expression) should be impaired in TIH but type 2 regulation  
32 (transporter activation by N terminal phosphorylation) remain intact is unclear. It is  
33 notable that thiazides inhibit NCC by binding to the co-transporter from the luminal  
34 membrane and one hypothesis may be that the physical binding of thiazides to NCC in

1 induces a conformational change which targets the cotransporter for endocytosis and  
2 degradation in patients susceptible to TIH. Alternatively kaliuresis and resulting  
3 kaliuresis and trend to hypokalemia seen in acute TIH patients may drive  
4 phosphorylation and activation of remaining NCC<sup>27</sup>.

5  
6 Thiazides reduce the ability of the late diluting segment (DCT) to generate solute-free  
7 water directly and also act by reducing effective vascular volume and thus solute  
8 delivery from the end-proximal tubule<sup>28</sup>. The increased proximal renal sodium  
9 reabsorption observed would support a reduction in the amount of fluid available to  
10 reach the diluting segments of the nephron, which is then further reduced by the role of  
11 thiazides and the observed reduction in NCC expression acting to reduce dilution.  
12 Study of NHE3 expression in the proximal tubule may therefore be informative for future  
13 studies.

14  
15 Measuring differences in the UEV profile of acutely hyponatremic patients may also  
16 have clinical utility as an aid to TIH diagnosis where other potential contributors to  
17 hyponatremia exist. The use of UEV analysis as a diagnostic tool would require further  
18 studies to identify whether acute differences in UEV profiling exist in other causes of  
19 hyponatremia and whether profiling of a panel of UEV markers could reliably  
20 differentiate one cause of hyponatremia from another.

21  
22 We chose also to study PGT since it is constitutively expressed in the CD where it  
23 mediates PGE<sub>2</sub> uptake, one of the most important physiological regulators of distal  
24 nephron water reabsorption<sup>28</sup>. The protein-altering variant in *SLCO2A1* (p.A396T), the  
25 gene which encodes PGT was also recently reported to show modest association with  
26 TIH<sup>18</sup>. Here we show that PGT is significantly expressed in UEVs and that PGT  
27 expression is substantially elevated in acute TIH. This provides further support that  
28 PGT may be involved in the molecular pathways causing inappropriate water  
29 reabsorption in TIH.

30  
31 That differences in the extracellular vesicle profile of convalescent normonatremic TIH  
32 cases exist two months after thiazides have been discontinued suggests that patients  
33 who are predisposed to TIH may exhibit these urinary extracellular vesicle  
34 characteristics before they were exposed to thiazides. Although a prospective study



1 would be required to confirm this observation, it raises the possibility that pre-  
2 prescription profiling of the relative abundance of NCC to AQP<sub>2</sub> could potentially identify  
3 patients at higher risk of TIH. These individuals could then be offered alternative anti-  
4 hypertensive therapy, for example medicines from the ACE inhibitor or calcium channel  
5 antagonist groups or, if a diuretic was required, an alternative loop or potassium sparing  
6 type could be selected instead of a thiazide.

7  
8 In summary, we show here that TIH patients display reduced NCC expression and  
9 increased AQP<sub>2</sub> expression in their UEVs which would be expected to produce  
10 excessive saluresis and water resorption. Reduced ELC also suggests compensatory  
11 increased proximal sodium reabsorption in TIH. That differences in the renal  
12 transporters responsible for these processes can be detected in urinary extracellular  
13 vesicle both acutely and following recovery from TIH raises the possibility that such  
14 techniques may have utility in prospectively identifying those at high risk of TIH and in  
15 aiding the acute diagnosis of TIH in cases which are confounded by comorbidity and/ or  
16 polypharmacy.

#### 17 **Disclosure**

18 The authors have declared that no conflict of interest exists.

#### 19 **Supplementary material**

- 20 1. Supplementary table 1. Clinical characteristics of TIH patients and controls.
- 21 2. Supplementary Figure 1: Western blotting of urinary extracellular vesicle demonstrates  
22 that abundance of (A) AQP2, (B) NCC3 and (C) PGT is not significantly different in  
23 fresh (F) vs. frozen (FR) urine.
- 24 3. Supplementary Figure 2: Western blotting of urinary extracellular vesicle demonstrates  
25 that abundance of (A) AQP2 and (B) NCC is significantly different in urine stored at -  
26 80°C vs. -20°C.
- 27 4. Supplementary Figure 3: Nanoparticle Tracking Analysis.
- 28 5. Supplementary Figure 4: Western blotting analysis of urinary extracellular vesicle (A)  
29 AQP2 (B) NCC and (C) PGT in TIH patients and controls.
- 30 6. Supplementary Figure 5: Western blotting analysis of urinary extracellular vesicle  
31 pNCC (A) T60 (B) T55 and (C) S91 in TIH patients and controls.

32 Supplementary information is available at *KI Report's* website

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14

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