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Advances in prostatic diagnostics in dogs: The role of Canine Prostatic Specific Esterase (CPSE) in the early diagnosis of prostatic disorders

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**ADVANCES IN PROSTATIC DIAGNOSTICS IN DOGS:****THE ROLE OF CANINE PROSTATIC SPECIFIC ESTERASE (CPSE) IN THE EARLY  
DIAGNOSIS OF PROSTATIC DISORDERS**

Role of CPSE in a preventive screening programme for prostatic health in dogs.

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24

#### 25 **Author contributions**

26 All authors contributed to design and draft the paper. All authors have approved the final version.

27

#### 28 **Conflict of interest**

29 None of the authors of this article has a financial or personal relationship with other people or  
30 organizations that could inappropriately influence or bias the content of the paper.

31

#### 32 **Highlights**

- 33 • CPSE is a suitable biomarker to include in a preventive screening for prostate health  
34 program in dog.
- 35 • CPSE is the major androgen-dependent secretory product of canine prostatic gland.
- 36 • Canine CPSE was widely compared to human PSA.
- 37 • Higher CPSE was reported in dogs suffering from several prostatic diseases.
- 38 • CPSE is a very promising non-invasive tool to early diagnose prostatic diseases in dogs.

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41

#### 42 **ABSTRACT**

43 In the last years, following the increased canine life expectancy and the rising attention pet-owners  
44 devote to their animals, several authors have carried on investigations concerning new techniques to  
45 early identify canine prostatic disorders that might affect the dog's quality of life. Prostatic  
46 disorders often have an asymptomatic onset and their early diagnosis is difficult: hence, they are  
47 usually identified at an advanced stage, only. Traditionally, the diagnosis of prostatic disorders is  
48 based on non-invasive tools, such as transrectal and abdominal palpation, seminal or prostatic fluid

49 evaluation, urinalysis and imaging. On the other hand, a definite diagnosis of prostatic  
50 abnormalities could be achieved through prostatic parenchyma FNA or biopsy. However, these  
51 investigations are performed rarely because of their invasiveness. Thus, several authors investigated  
52 canine serum biomarkers in order to achieve an earlier diagnostic timing and to apply therapeutic  
53 strategies for better outcomes. The Canine Prostatic Specific Esterase (CPSE) has been identified as  
54 a suitable biomarker to be included in a prostate health screening programme, following the model  
55 of Prostatic Specific Antigen (PSA) in human medicine. A higher CPSE in dogs suffering from  
56 several prostatic diseases, such as benign prostatic hyperplasia (BPH), bacterial prostatitis or  
57 prostatic carcinoma, was reported in literature. Thanks to the potential usefulness in clinical  
58 practice, further studies should investigate the potential role of CPSE in monitoring the medical  
59 treatment success in the male reproductive system. Moreover, the spreading availability of serum  
60 biomarkers, easily carried out on blood samples in clinical practice, could assure a more accurate  
61 evaluation of the actual prevalence of prostatic disorders. The CPSE is actually recognized as a  
62 promising diagnostic tool for the detection of prostatic disorders in a “prostate health screening  
63 programme”, in order to properly select those patients requiring further more accurate and  
64 expensive diagnostic investigations.

65

66 **Running head:** Role of CPSE in a preventive screening programme for prostatic health in dogs.

67 **Keywords:** BPH, CPSE, dog, prostatic disease, ultrasonography.

68

## 69 **Introduction**

70 Recently, several authors have carried on research activities concerning new techniques to early  
71 identify canine prostatic disorders that might also affect life quality. Such improvements have been  
72 allowed from the increased attention pet-owners devote to their animals, the increased canine life  
73 expectancy, the improved veterinary care and the most recent diagnostic possibilities [1-4].

74 The most important diseases of the gland include benign prostatic hyperplasia (BPH), prostatic cyst,  
75 prostatitis and prostatic neoplasia [5]. Canine prostatic disorders remain subclinical at their onset,  
76 thus it is difficult to diagnose them in early stages and they are mostly recognized at an advanced  
77 stage, only [2,6]. In clinical practice, the delayed diagnosis usually follows late clinical signs  
78 reported in combination with an enlarged gland though dogs might have an enlarged prostate in  
79 absence of symptoms [7].

80 When defining the stage of the disease at diagnosis, the dog's lifestyle plays an important role: in  
81 pet-dogs, prostatic disorders are often unnoticed at their beginning because they are asymptomatic  
82 or show only very mild clinical signs, such as the detection of blood drops in urine [6,8]. In stud  
83 dogs, these disorders are diagnosed more frequently as they are presented for poor fertility [9] or  
84 they undergo deeper male breeding soundness examinations after decreased libido or detection of  
85 blood in the prostatic fluid of the ejaculate [6,8].

86 In human medicine, diagnostic tools for the investigation of prostatic disorders recorded a great  
87 improvement, mainly through the serum dosage of the prostate specific antigen (PSA). As a result,  
88 the incidence of diagnosed prostatic diseases increased, thanks to the possibility of identifying  
89 subclinical asymptomatic cases [4]. The PSA is a proteolytic glycoprotein present in normal  
90 prostatic tissue in men while it increases with BPH, prostatitis and malignant neoplasia  
91 [10,11,12,13,14,15].

92 For the above mentioned reasons, several researchers began to look for canine serum biomarkers  
93 similar to those routinely used in human andrology, in order to achieve a similar diagnostic timing  
94 and to apply earlier therapeutic strategies for better outcomes [16,17,18,19]. A more accurate

95 evaluation of the prevalence of prostatic disorders could be achieved with a prostate health  
96 screening programme, easily performed on blood samples thanks to the availability of serum  
97 biomarkers [1]. The three most important markers in the canine male genital tract are represented by  
98 alkaline phosphatase, carnitine and canine prostatic specific esterase (CPSE) [20]. Alkaline  
99 phosphatase and carnitine are linked to epididymis and ductal network disorders [20]. Serum  
100 prostatic acid phosphatase and PSA are successfully used to diagnose prostatic carcinoma in men,  
101 while these markers are still controversial in dogs because acid phosphatase resulted nonspecific  
102 and PSA does not seem to increase in canine prostatic neoplasia [21,22], the latter being excluded  
103 from canine clinical practice [23]. Recently, some literature studies reported a higher CPSE in dogs  
104 suffering from several prostatic diseases: benign prostatic hyperplasia (BPH), bacterial prostatitis or  
105 prostatic carcinoma [3,18,24,25,26]. Since then, serum arginine esterase has routinely been used in  
106 the diagnosis of prostatic hyperplasia [19,27], though its role in different prostatic alterations has  
107 not yet been completely understood [25,28].

108 The objective of the present review was to give a complete clinical description of the diagnostic  
109 value of CPSE, describing in detail several aspects of the composition and of the biological role of  
110 this enzyme, in order to highlight the diagnostic usefulness of this marker and its possible  
111 perspectives for future research and clinical applications.

112

### 113 **Discovering Canine Prostatic Specific Esterase**

114 The seminal fluid of all mammalian species contains various proteinases, thus the presence of  
115 proteolytic activity in canine seminal plasma was expected [29]. In humans, PSA, seminal plasma  
116 acidic protease, neutral protease and plasminogen activator have deeply been investigated  
117 [30,31,32]. In dogs, instead, a markedly different arginine esterase activity was first described in  
118 1956, when it was identified in great levels in canine prostatic fluids [33]. Since the '80s, Canine  
119 Prostatic Specific Esterase, i.e. the major androgen-dependent secretory product of the canine  
120 prostatic gland, was suggested as an useful diagnostic biomarker to identify dogs suffering from

121 prostatic diseases [16,22]. Arginine esterase is one of the most abundant proteins in the canine  
122 seminal plasma [34], accounting for more than 90% of seminal proteins in dogs [16,28], identified  
123 in similar quantities in all ejaculate fractions [35]. The CPSE is mainly present in the apical region  
124 of the canine prostatic secretory epithelial cells [36]. In polyacrylamide gel electrophoresis, CPSE  
125 has a molecular weight of 29 kDa. Under denaturant conditions, in the presence of mercaptoethanol  
126 and SDS gel, it undergoes the rupture of disulfide bridges linking its two constituting protein  
127 chains, originating two protein bands of 15 kDa and 14 kDa, respectively [16]. Different isoforms  
128 were identified by column chromatofocusing and two-dimensional electrophoresis, basing on their  
129 isoelectric points [37,38]. Their heterogeneity is probably due to a different glycoside content [36].  
130 The CPSE was also associated to the class of kallikreins [39] as its aminoacid sequence has a 64%  
131 homology with swine pancreatic kallikrein and its molecular weight is similar to salivary glands  
132 kallikrein, though, contrary to them, it is not able to hydrolyse canine seminal plasma kininogen  
133 [40,41].

134 The CPSE was compared to PSA: their enzymatic activity turned out not to be completely  
135 superimposable because CPSE is a trypsin-like enzyme and PSA has also a chymotrypsin-like effect  
136 [42]. Though being two clearly distinct molecules [42], they have similar molecular weight (29 kDa  
137 for CPSE and 34kDa for PSA); they are both enzymes of the serine-proteases class and have a 58%  
138 homology in the 30<sup>th</sup> -NH<sub>2</sub> terminal portion of the aminoacid sequence [42]. Recently, a strong  
139 taxonomic and genomic correlation between PSA and CPSE was found, making the dog a very  
140 suitable model for further studies and comprehension of human prostatic disorders [43]. In men, the  
141 function of PSA is to hydrolyse the clot formed by seminal substances just after their emission;  
142 canine ejaculate does not form any clot, thus the CPSE activity turns out to be not clear though its  
143 role in the melting of the female genital tract mucus can be assumed [44].

144 Seminal plasma proteins can exert diverse effects on sperm functions [45,46]; among them, CPSE is  
145 a multifunctional protein thanks to its zinc-binding properties [38]. The enzyme was first detected  
146 in the post-acrosomal region and in the sperm tail of ejaculated spermatozoa, but it was not found in

147 epididymis spermatozoa [35]. The CPSE plays a relevant role in the binding of phosphorylcholine-  
148 binding proteins to choline phospholipids of the sperm plasma membrane; at ejaculation, this  
149 process induces a cholesterol efflux, an essential step for the capacitation process [47]. Thus, CPSE  
150 can be counted among sperm-binding proteins and is possibly implicated in sperm fertilization-  
151 related events [38].

152 The CPSE may also affect the tail of spermatozoa where it was identified by immunofluorescence  
153 [40]. Further studies are needed to clarify the specific role of CPSE in the egg-sperm fertilization  
154 process [48].

155 Along with prostatic pathologies, when the architecture of the gland is widely damaged,  
156 independently from its grounding cause [49], CPSE is released by the prostate gland also in blood,  
157 where it can be dosed on serum samples [25]. At the very beginning, CPSE was dosed by a  
158 radioimmunoassay determination [50], while today new techniques are available in ELISA  
159 immunoassay kits (Speed CPSE™, Virbac BVT, France), which are fast, easy and ready to use  
160 afield in everyday clinical settings. Thus, CPSE has been identified as a suitable biomarker to be  
161 included in a prostate health screening programme, following the model of PSA in human medicine  
162 [1,25].

#### 163 164 **Using Canine Prostatic Specific Esterase in canine clinics**

165 Traditionally, the diagnosis of prostatic disorders is based on non-invasive tools, such as the  
166 transrectal and abdominal palpation, the seminal or prostatic fluid evaluation, urinalysis and  
167 imaging. On the other hand, a definite diagnosis of prostatic disorders could be reached by prostatic  
168 parenchyma FNA or biopsy, but they are rarely performed due to their invasiveness [23]. Moreover,  
169 to identify any co-existence of BPH and prostatitis, a bacterial exam complete with antibiogram and  
170 a cytological exam should be performed either on prostatic fluids or on fine-needle aspiration of the  
171 prostatic parenchyma or on urine [51], even though a surely more invasive prostatic tissue culture  
172 could represent a more accurate technique for the diagnosis of a prostatic infection [52,53].



173 Obviously, the clinical evaluation of a prostatic disease must include complete haemato-  
174 biochemical exams, with special attention to CPSE. In addition to the ultrasonographic exam,  
175 CPSE, marker for prostatic secretion, can widely be used to explore the canine prostate, though its  
176 exact role in the different prostatic disorders has not yet been completely understood [25,50].  
177 Higher serum CPSE concentrations were reported in dogs affected by BPH, bacterial prostatitis and  
178 prostatic carcinoma than in normal dogs, but they did not differ significantly among specific  
179 pathologies [22]. Coexistence of prostatitis or neoplasia together with BPH may justify some  
180 overlapping in serum CPSE [22]. A different study reported a higher CPSE in BPH dogs than in  
181 dogs affected by bacterial prostatitis or prostatic carcinoma [54]. The CPSE was also dosed in urine  
182 samples: in healthy dogs, it ranged from 20 to 300  $\mu\text{g/ml}$ , while it was possible to distinguish  
183 patients with acute (1000-2000  $\mu\text{g/ml}$ ) or necrotizing (5-10  $\mu\text{g/ml}$ ) prostatitis [24].

184 An ultrasonographic exam of the prostate is strongly recommended when a dog is presented for  
185 poor fertility [9] as well as when a presumptive diagnosis of BPH is based on the detection of blood  
186 in the prostatic fluid of the ejaculate or in case of a presumptive diagnosis of chronic prostatitis  
187 based on signs of infertility or decreased libido [6,8]. A recent retrospective work, involving 1003  
188 intact male dogs, assessed that over 40% of the expected life of the dog, calculated according to its  
189 breed, an ultrasonographic screening programme would be advisable as it is highly probable that  
190 abnormal prostatic findings are detected with the sonographic exam, irrespectively of clinical  
191 evidence [2]. The ultrasonographic examination should evaluate an altered aspect of echotexture,  
192 abnormal borders as well as the presence of single or multiple cysts [55]. Several authors evaluated  
193 the echographic volume of the prostate as a possible indicator for BPH. On the other hand, the  
194 increased prostatic volume is not enough to surely diagnose BPH, because it is present also in case  
195 of prostatitis and neoplasia [5]. However, a clear threshold measure to identify the normal volume  
196 of the canine prostate does not exist. A tool that has been developed to make objective prostatic  
197 volume considerations is represented by the ratio between the actual volume of the prostate  
198 ( $V=H*L*W*0.523$ ) [56] and the estimated normal one ( $V=0.33*BW+3.28$ ) [57]. Recent studies

199 correlated the echographic findings of the prostate, focusing the attention on the actual/normal  
200 estimated volume ratio (V-ratio), and the serum CPSE, either symptomatic or asymptomatic. In  
201 2017, the diagnostic potential of CPSE was exploited in a prospective research enrolling seventy-  
202 nine intact male dogs. The authors of the study assessed that in symptomatic patients, a V-ratio  $\geq$   
203 2.5 and a serum CPSE  $\geq$  90 mg/ml have to be expected [19]. In 2018, the role of CPSE in a wider  
204 concept of preventive screening for canine prostatic health was defined, establishing the CPSE  
205 threshold to early identify asymptomatic dogs already affected by ultrasonographically detectable  
206 signs of prostatic alterations that could require further clinical investigations [1]. Among the  
207 nineteen patients enrolled in this prospective study – though they were all asymptomatic - 60%  
208 showed ultrasonographic prostatic alterations. The concentration of CPSE was significantly  
209 associated with the presence of ultrasonographic prostatic abnormal findings. By a ROC curve  
210 (AUC=0.974, SE 95.6%, SP 89.2%), the cut-off CPSE threshold of 52.3 ng/ml was endorsed to  
211 early identify those asymptomatic dogs already having sonographic alterations and thus requiring  
212 further evaluations, before becoming clinically ill. In the study, normal dogs had a V ratio  $<$  1.5,  
213 while dogs requiring further evaluations resulted to have a V ratio  $\geq$  1.5 [1].

214 Finally, it was recently proved that ejaculation induces a spread in the prostatic vascularization  
215 [58,59]. Thus the increased blood flow turns a greater CPSE amount away from the gland, resulting  
216 in higher serum CPSE, as recently reported by the authors in the 2018 European Veterinary Society  
217 for Small Animal Reproduction (EVSSAR) Congress [60]. The higher basal CPSE is, the higher is  
218 the peak, they both being more pronounced in dogs with prostatic alterations. Twenty-four hours  
219 after ejaculation, serum CPSE achieves basal values again. However, the relationship between basal  
220 and post-ejaculation CPSE was the same in healthy dogs, in animals suspected for prostatic  
221 disorders as well as in dogs diagnosed with glandular diseases. These physiological effects of  
222 ejaculation should be taken into account whenever CPSE dosage is planned to preventively select  
223 patients needing further prostatic evaluations. A 24 hours' proper sexual rest is recommended before  
224 the examination to exploit this diagnostic tool at best [60].

225

**226 Canine Prostatic Specific Esterase perspectives**

227 The CPSE prostatic screening suggested for clinical practice aims at identifying subclinical under-  
228 diagnosed prostatic diseases, affecting male fertility, life quality and canine breeding performances.  
229 A non-invasive screening of the prostatic health would be advisable as part of the routine preventive  
230 medicine programme in dogs. The early detection of the most common prostatic disorders would allow  
231 the clinician to suggest specific follow-up and to recommend efficient therapeutic protocols [2].  
232 Thus, because of the potential usefulness of this tool in clinical practice, further studies should  
233 investigate the suitable role of CPSE in monitoring the medical treatment success in the male  
234 reproductive system. The secretion of CPSE is regulated by androgen hormones, mainly represented  
235 by testosterone: thus, it could be inhibited by surgical or medical castration or by anti-androgen  
236 treatments [16,51,61,62,63]. On the contrary, CPSE synthesis could be promoted by an exogenous  
237 androgen administration following surgical castration [61,62]. Finally, it has recently been demonstrated  
238 that in dogs with subclinical BPH, serum CPSE dosages significantly decrease under osaterone treatment  
239 [27]. The debate on the management and therapy of canine prostatic abnormalities is still in progress  
240 [3,5,64,65,66], but the current availability of medical treatments prompts the development of a  
241 screening programme, aiming at avoiding potentially more invasive options, i.e. surgical orchiectomy, to  
242 prevent the adverse effects of surgical castration [67] and/or to preserve the reproductive career of a  
243 stud.

244

**245 Conclusions**

246 Evidently, though having a different biological activity (CPSE: trypsin-like; PSA: chymotrypsin-like), the  
247 canine CPSE and the human PSA follow the same hormonal regulation [41,42]. This is the reason why CPSE  
248 is recognised as a promising diagnostic tool for the detection of prostatic disorders in a “prostate health  
249 screening programme”, as it is the case for PSA in human medicine [25]. In Table 1, clinical applications of  
250 blood serum CPSE are summarised. In clinical practice, CPSE can be used as a diagnostic tool for

251 prostatic disorders to recognise affected dogs, with a cut-off of CPSE > 90 ng/ml, in the presence of clinical  
252 symptoms and a V-ratio  $\geq 2.5$  [19]. Moreover, CPSE has to be considered in planning preventive  
253 screening for prostatic disorders to preventively select dogs that would require further evaluations,  
254 with a CPSE threshold of 50 ng/ml, in absence of symptoms but already showing ultrasonographic  
255 alterations and a V-ratio  $\geq 1.5$  [1]. Finally, the serum CPSE would become a suitable biomarker to  
256 monitor the medical treatment of prostatic disorders thanks to its non-invasiveness, cheapness,  
257 rapidity and practicality.

258

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261

#### 262 **CONFLICT OF INTEREST**

263 None of the authors of this article has a financial or personal relationship with other people or  
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Table 1. Clinical meaning of CPSE blood serum concentration [1,19] and recommendations on complementary exams.

<b>Blood Serum Concentration</b>	<b>Clinical meaning</b>	<b>Volume ratio expected</b>	<b>Complementary exams</b>
CPSE $\leq$ 50ng/ml	Prostatic disorders unlikely	V ratio $<$ 1.5	-
CPSE 50 – 90ng/ml	Prostatic disorders possible	$1.5 \leq$ V ratio $<$ 2.5	Suggested
CPSE $\geq$ 90 ng/ml	Prostatic disorders likely	V ratio $\geq$ 2.5	Required

Volume ratio expected (V ratio) [1,19]: actual/normal expected prostatic volume [57].

Complementary exams: seminal or prostatic fluid evaluation, urinalysis and imaging, prostatic parenchima FNA or biopsy, bacterial exam complete with antibiogram [23,51-53].