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Alcohol exposure impairs trophoblast survival and alters subtype-specific gene expression *in vitro*

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1 *Alcohol exposure impairs trophoblast survival and alters subtype-specific gene expression in*  
2 *vitro.*

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17 **Placenta short communication**

18

19 **Abstract**

20 Maternal alcohol consumption is common prior to pregnancy recognition and in the rat  
21 results in altered placental development and fetal growth restriction. To assess the effect of  
22 ethanol (EtOH) exposure on the differentiation of trophoblast stem (TS) cells, mouse TS lines  
23 were differentiated *in vitro* for 6 days in 0%, 0.2% or 1% EtOH. This reduced both  
24 trophoblast survival and expression of labyrinth and junctional zone trophoblast subtype-  
25 specific genes. This suggests that fetal growth restriction and altered placental development  
26 associated with maternal alcohol consumption in the periconceptual period could be  
27 mediated in part by direct effects on trophoblast development.

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29

30 **3-5 Key Words:** Ethanol, Placenta, Differentiation, Programming, Apoptosis

31

## 32 1. Introduction

33 Maternal perturbations during early pregnancy, including a low protein diet [1-3],  
34 undernutrition [4,5], or alcohol (EtOH) exposure [6,7], can result in fetal growth restriction  
35 and programming of adult disease. Alcohol is a common exposure during pregnancy, with  
36 current statistics being 47-58% of all pregnancies [11,12]. Consumption of 5+ standard  
37 drinks has also been reported in the period prior to pregnancy recognition (14%) [11,12]. *In*  
38 *vivo* rodent models of EtOH exposure during the periconception period [6] and intermittently  
39 throughout gestation [13,14], have shown alterations to placental structure and expression of  
40 metabolic transporters. This is of interest as normal formation and function of the placenta is  
41 a critical determinant of fetal growth. Derived from the trophectoderm of the pre-  
42 implantation embryo, trophoblast cells contribute the majority of cells within the mature  
43 placenta and consist of a number of unique cell types with diverse morphologies and  
44 functions [8]. The definitive chorioallantoic placenta is organised into two zones containing  
45 specialised trophoblast cell types; the junctional zone which has a structural and endocrine  
46 role, while the labyrinth zone contains the fetal and maternal vasculature and is the location  
47 of nutrient exchange [10]. Perturbations during pregnancy often result in modifications to  
48 placental growth [2,5] and zonal allocation [6] in late gestation, however few studies have  
49 determined whether alterations to trophoblast differentiation in early pregnancy may be  
50 mediating these effects. We have previously reported that periconceptual EtOH exposure  
51 prior to implantation in the rat causes an increase in glycogen trophoblasts (GlyT) in the  
52 junctional zone during late gestation [6]. In addition, high dose (18-37% vol/vol) EtOH  
53 exposure from implantation until close to term (E6-E18) reduced invasion of trophoblast cells  
54 into the maternal decidua and caused labyrinth disorganisation [14]. However, it is unknown  
55 if placental defects are due to direct exposure of the trophoblast stem cells of the  
56 trophectoderm to EtOH within the uterine cavity, or via other indirect mechanisms such as

57 interactions with altered uterine cells. Here we utilise an *in vitro* model of differentiating  
58 mouse trophoblast stem (TS) cells to examine the direct effects of EtOH on proliferation and  
59 differentiation.

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## 61 2. Methods

### 62 2.1 TS cell culture

63 Murine TS cells (EGFP line) were maintained as previously described [15]. Cells were  
64 seeded at  $5 \times 10^4$ , and differentiated in 0% (control), 0.2%, or 1% EtOH in TS media. To  
65 assess cell proliferation, cells were lifted off the culture plates and counted using a  
66 hemocytometer on days 2, 4 and 6 of culture ( $N=3$ /treatment). Gene expression analysed on  
67 day 6 ( $N=9$ /treatment, 3 technical replicates per set). Media was changed every 2 days  
68 including the addition of fresh EtOH. The 0.2% EtOH dose was based on the maximum  
69 blood alcohol concentration from 12.5% v/v EtOH exposure in Sprague Dawley dams [6]  
70 whilst the 1% EtOH dose has been used previously in culture [24]. In culture, as much as  
71 50% evaporation occurs by 8 hours and 80-90% evaporation by 24h in tissue culture plates  
72 [18].

### 73 2.2 RNA extraction and qRT-PCR

74 RNA isolation and qRT-PCR were carried out as previously described [24]. Markers specific  
75 to labyrinth or junctional zone trophoblasts were analysed for gene expression relative to  
76 *Rn18s* using the  $\Delta\Delta C_t$  method [17] (primer sequences in *Supplemental Table 1*).

### 77 2.3 Histological assessment of trophoblast number

78 Fluorescent *in situ* hybridisation (FISH) localised *Tpbpa* and *Prl7a2* positive trophoblasts  
79 ( $N=3-4$ /treatment) from day 6 cultures [8], see supplemental file for more detail. Fluorescein  
80 or DIG-labelled probes were made following manufacturer's instructions (Roche) with  
81 primer sequences as described previously [8,20]. Prior to use on cultured cells, RNA probes  
82 were tested on either E12.5 or E14.5 mouse placenta fixed in 4% paraformaldehyde overnight  
83 to confirm subtype-specific expression. Coverslips were imaged on an inverted microscope

84 (Leica) in 20x20 frames, 20x magnification, with all cells being utilised within this area for  
85 calculation. Cells were counted using ImageJ (NIH).

#### 86 *2.4 Statistical analyses*

87 Mean relative gene expression of treatments were standardised to the control group for each  
88 line. Expression data, proliferation and FISH counts were analysed by one-way ANOVAs to  
89 compare treatments. Tukey's post-hoc tests were used where appropriate, and when data was  
90 not normally distributed, a non-parametric Kruskal-Wallis test was used. Statistical  
91 differences: \*P<0.05, \*\*P<0.01.

### 92 3. Results and Discussion

93 To determine the mechanism by which EtOH exposure during early pregnancy may be  
94 mediating altered placental growth and function, we explored the direct impact of EtOH on  
95 TS cell proliferation and differentiation. To investigate EtOH exposure at a physiological  
96 level, 0.2% EtOH was chosen as this was the peak blood alcohol content found in a model of  
97 *in vivo* alcohol exposure in the rat at 30 minutes after initial consumption [6]. In addition,  
98 0.2% EtOH is also the maximum dose that the TS cells would be exposed to when the media  
99 is applied, and due to alcohol evaporation [18], would not be sustained at this level over the  
100 entire 6 days of treatment. In addition, TS cells express a well-validated set of genetic  
101 markers enabling identification of individual placental trophoblast cell types in the mouse [8].  
102 This presents an opportunity to relate alterations in gene expression to potential changes in  
103 differentiation.

#### 104 3.1 Cell counts

105 Proliferation rates were first characterised to determine the effects of EtOH over the course of  
106 TS cell differentiation. While no differences in cell count were found between treatments on  
107 day 2 or 4, marked reductions in cell counts in both the 0.2% (48% reduction) and 1% EtOH  
108 groups (44% reduction) were observed on day 6 (Fig.1A). This time point coincides with  
109 terminal differentiation of trophoblasts, as expression of stem cell markers are rapidly lost by  
110 day 2 of culture and expression of markers of mature cell types is just commencing on day 4  
111 [19]. This result is consistent with studies that demonstrate reduced proliferation in response  
112 to 20-40mM (0.09-0.18%) EtOH in cultured human cytotrophoblasts (first trimester villous  
113 explants and BeWo cells) [16]. However, our observation of decreased cell numbers at day 6  
114 of differentiation is unlikely the result of decreased proliferation, but more likely represents a  
115 loss of cell viability. This is supported by the observation of significant floating cells in the



116 treatment but not control media on day 6 (data not shown). In addition, human  
117 cytotrophoblasts undergo apoptosis when exposed to EtOH [21,22]. To determine whether  
118 this also occurs in mouse trophoblasts exposed to EtOH, we analysed the expression profiles  
119 of pro- and anti-apoptotic markers (*Bax* and *Bcl2* respectively) from days 2-6 of culture. No  
120 changes were found to either gene on days 2 or 4 (data not shown). However, on day 6, whilst  
121 no change was found to *Bax* expression, *Bcl2* expression was reduced by EtOH (see  
122 *Supp.Fig.1A,B*), suggesting a perturbed balance between pro- and anti-apoptotic signals. This  
123 may extend to an increase in apoptosis, however, to determine this definitively would require  
124 histological analysis. Collectively, these data indicate that placental trophoblasts are highly  
125 sensitive to EtOH during terminal differentiation.

126

### 127 **3.2 Junctional zone cell markers**

128 EtOH exposure caused dose-dependent decreases in gene expression of *Tpbpa* (Fig1.B), a  
129 marker of both fully differentiated junctional zone trophoblasts and their earlier ecto-  
130 placental cone progenitors [23]. Additionally, both *Prl7a2*, a marker of spongiotrophoblast  
131 (SpT) and parietal trophoblast giant cells (P-TGCs), and *Prl7b1* a marker of invasive  
132 glycogen trophoblast (GlyT) cells and spiral artery-associated TGCs (SpA-TGCs) were  
133 decreased by EtOH exposure (Fig.1C,D). Curiously, this suggestion of reduced GlyTs *in vitro*  
134 conflicts with the observation of increased area occupied by this cell type in the junctional  
135 zone of periconceptionally exposed placentas *in vivo* [6]. It is tempting to speculate that  
136 altered GlyT differentiation may also have affected their invasive behaviour as seen in other  
137 EtOH exposure models [13]. No differences were found in the 0.2% EtOH groups for *Prl7b1*  
138 or *Prl7a2* relative to control or 1% groups.

139 No alterations were found for *Prl3d1* (*Pl1*, Fig.1.E), or *Prl2c* (*Plf*, Fig.1.F) which are  
140 expressed by secondary TGCs *in vivo*, indicating that EtOH exposure does not alter

141 expression of all trophoblast subtype specific gene markers. When this same experiment was  
142 performed on another cell line – RS26, similar expression profiles were seen at day 6 for all  
143 junctional zone trophoblast markers with the exception of *Tpbpa*, which did not change  
144 (*Supp. Fig.2A-F*). This difference between the TS lines may be either due to clonal  
145 differences between cell lines, or alternately a sex-specific result, as the RS26 line is male  
146 and the EGFP line is female (data not shown). Maternal perturbations commonly result in  
147 sexually dimorphic impacts on placental structure, function, and differentiation - evidenced  
148 by GlyT cell accumulation in the junctional zone of females only following periconceptual  
149 EtOH exposure [6]. Further examination of multiple male and female cell lines would be  
150 required to determine this possibility.

151 The trophoblast subtype markers in this study have been used previously to infer effects of  
152 differentiation of specific trophoblast subtypes. However, it is also possible that EtOH may  
153 be directly altering gene expression levels, rather than the differentiation of the trophoblast  
154 subtypes per se. Therefore to confirm whether EtOH reduces the number of differentiated  
155 trophoblast subtypes, FISH was carried out on cells collected from day 6 cultures to examine  
156 the number of *Prl7a2* and *Tpbpa* positively labelled cells. Each marker was first localised in  
157 paraffin sections of mouse placentas to confirm reported trophoblast subtype specific  
158 labelling (Fig.2.A,D). Quantification of *Prl7a2* positive (Fig 2.B,C,G) and *Tpbpa* positive  
159 (Fig 2.E,F,H) trophoblasts *in vitro* showed no difference between treatments although there  
160 was considerable variability in the cells cultured in 1% EtOH. This suggests that exposure to  
161 EtOH did not overtly affect the number of differentiated trophoblasts of each subtype, but  
162 may indicate either less maturity of trophoblasts or more simply, reduced expression of the  
163 genes themselves. Considering the heterogeneous cell populations marked by these genes, it  
164 is possible that subtle differences in number of trophoblast subtypes may still be apparent.

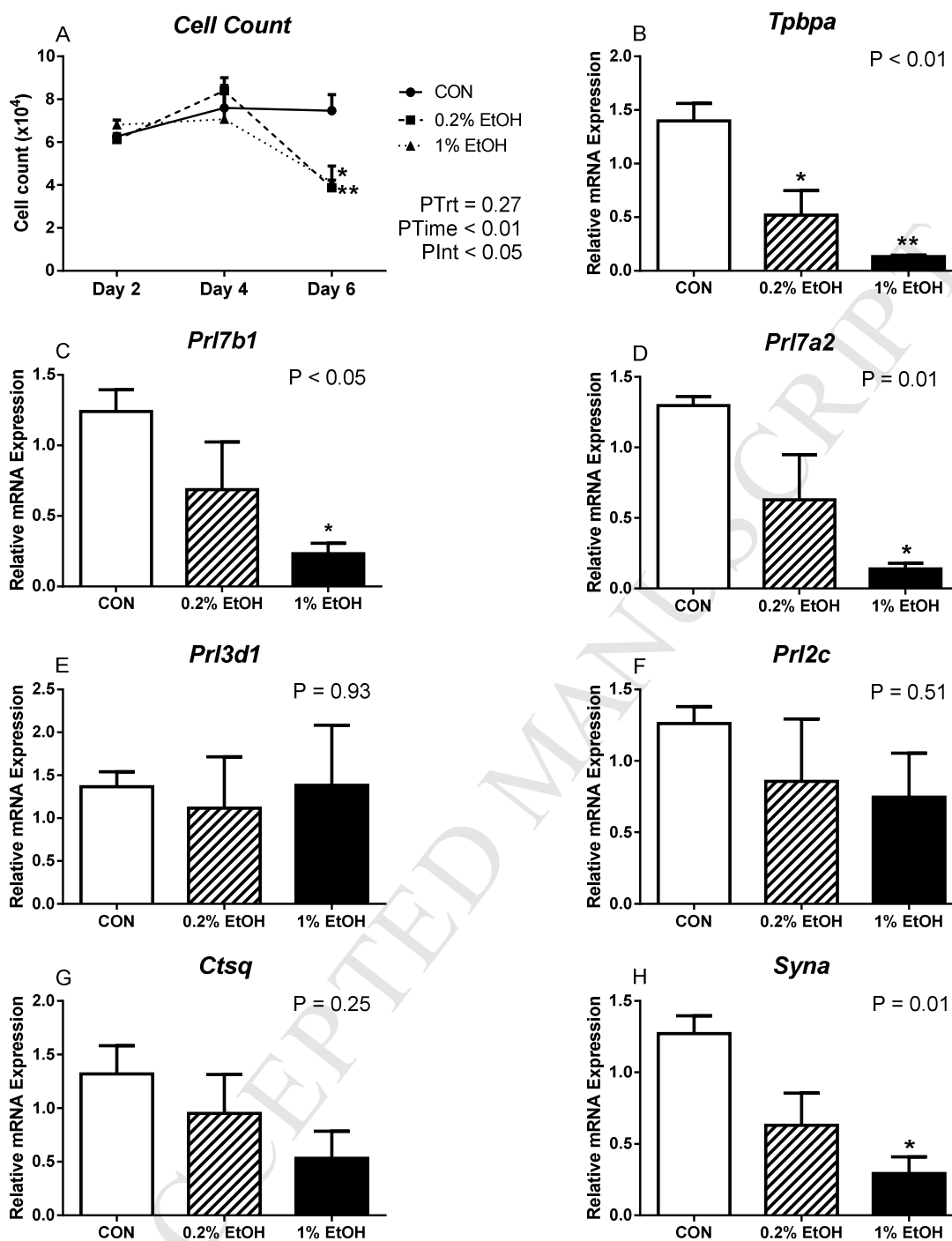
### 165 3.3 Labyrinth zone cell markers

166 Finally we examined the impact of EtOH on expression of labyrinthine-specific trophoblast  
167 markers. While no alteration was found in *Ctsq* (Fig.2G) expression, representing sinusoidal  
168 TGCs (S-TGCs), EtOH exposure did cause a dose-dependent decrease in gene expression for  
169 *Syna* (Fig.1H), marking syncytiotrophoblast layer 1 (SynT-I). *Syna* expression was  
170 significantly decreased in the 1% group relative to the control whilst *Syna* expression in 0.2%  
171 EtOH exposed cells was intermediate and not significantly different to control or 1% EtOH  
172 groups. Exposure of the RS26 line to EtOH also revealed reduced *Syna* expression in the 1%  
173 EtOH group, also with no changes to *Ctsq* (Supp.Fig.1F,G). This demonstrates that EtOH has  
174 the potential to affect trophoblast viability and differentiation in multiple placental  
175 compartments. Furthermore, these observations indicate that a commonly used vehicle for  
176 dissolving drugs in itself has a significant impact on trophoblast behaviour, and must be  
177 properly controlled for *in vitro* experiments.

### 178 3.4 Conclusions

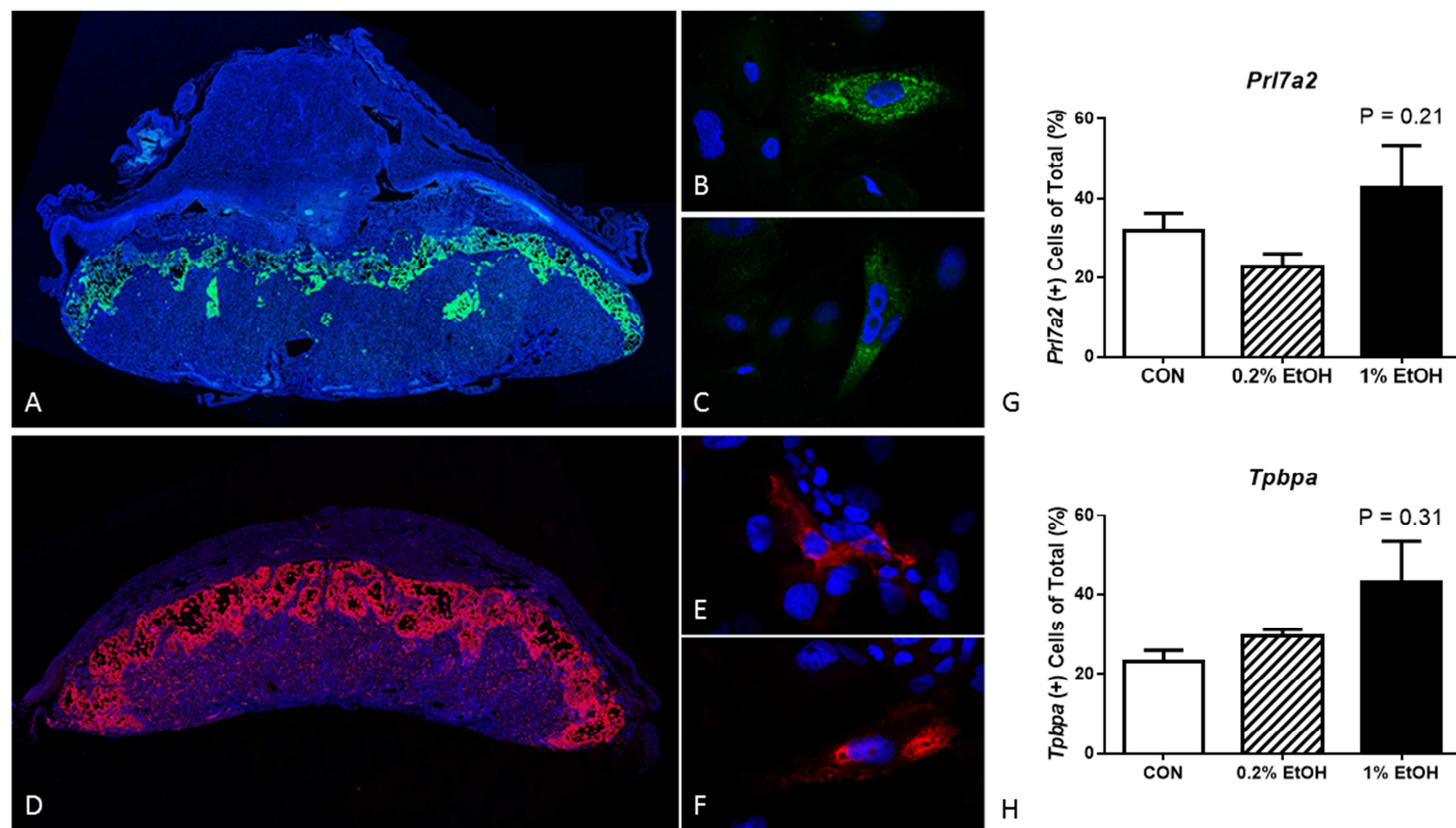
179 This study demonstrates that EtOH exposure can directly alter the viability of mature  
180 trophoblasts and the expression of trophoblast subtype markers for both labyrinth and  
181 junctional zones. Alterations to labyrinthine cell types may alter barrier thickness or labyrinth  
182 architecture potentially impacting appropriate nutrient exchange, whilst changes to invasive  
183 GlyT and SpA-TGCs may alter their invasive behaviour and lead to poor invasion. Future  
184 studies on how alterations of these cell types *in vivo* may lead to altered placental structure  
185 and function is now paramount in determining the impacts of EtOH exposure.

186

187  
188

189 **Fig.1. Trophoblast stem cell proliferation and expression profiles when exposed to EtOH over 6**  
 190 **days during differentiation.** Panel A. Proliferation analyses showing control (circle), 0.2% EtOH  
 191 (square), 1% EtOH (triangle),  $N=3$ /treatment. Panels B-H show gene expression profiles of  
 192 trophoblast subtype markers for junctional zone (B-F) and the labyrinth (G and H), with control  
 193 (white bars), 0.2% EtOH (striped bars), 1% EtOH (black bars). All data analysed by one-way  
 194 ANOVA with Tukey's post-hoc tests.  $N=9$ /treatment. All data represented by mean  $\pm$  SEM. \* $P<0.05$ ,  
 195 \*\* $P<0.01$  compared to CON.

196



**Fig.2. Quantification of *Prl7a2* and *Tpbpa* positive trophoblasts by fluorescent *in situ* hybridisation.** Panels A-C show representative images of *Prl7a2* (green) expression in SpT and P-TGCs in the E12.5 mouse placenta at low (10x) (A) magnification. B and C show representative images of EGFP cells cultured to day 6. Panel G shows percentage *Prl7a2* positive cell counts of total cultured cells at day 6 ( $N=3/\text{trt}$ ). Panels D-F show representative images of *Tpbpa* (red) expression in SpT, GlyT, and junctional zone progenitors in the E14.5 placenta mouse placenta at low (D) magnification. E and F show representative images of cells cultured to day 6. Panel H shows percentage *Tpbpa* positive cell counts of total cultured cells at day 6 ( $N=3/\text{trt}$ ). All nuclei stained with Hoechst (blue). All data represented by mean  $\pm$  SEM. Data analysed by one-way ANOVA with Tukey's or Kruskal-Wallis post-hoc test.

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### **Statement of Interest**

None.

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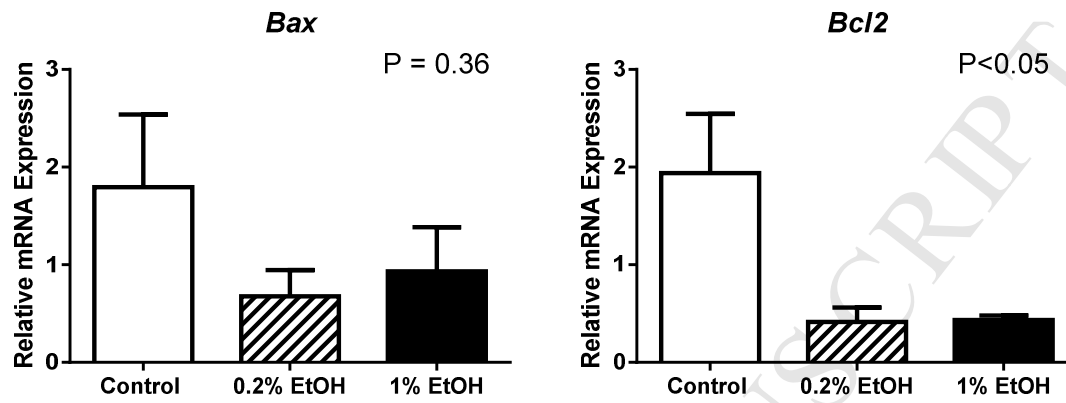
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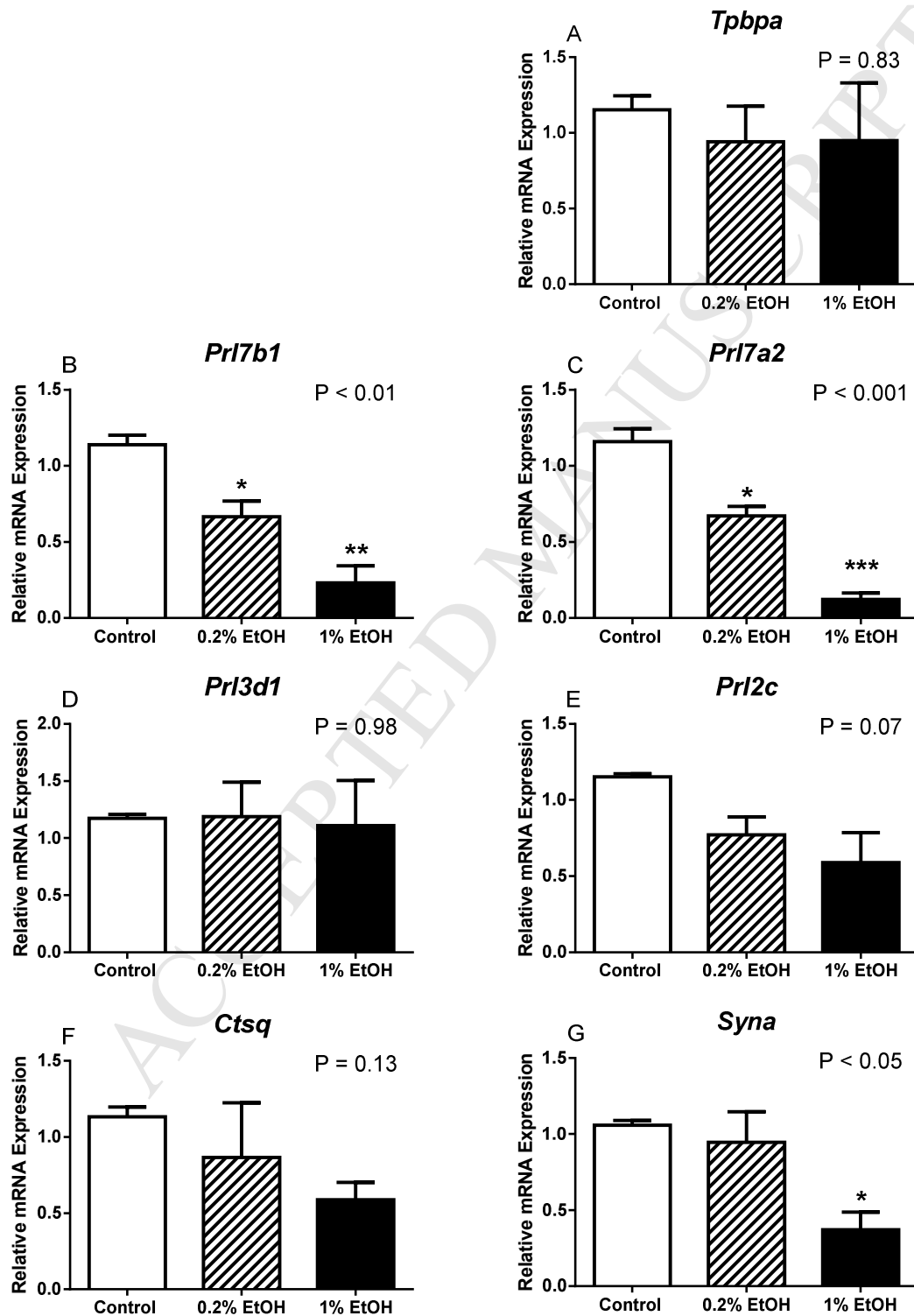


## Supplementary Figures.

Supp. Figure 1. Gene expression of pro-apoptotic marker Bax and anti-apoptotic marker Bcl2



**Supp. Figure 2. Expression profiles of RS26 differentiated trophoblasts at day 6 after EtOH exposure.** Panels A-G show gene expression profiles of trophoblast subtype markers for junctional zone (A-E) and the labyrinth (F and G), with control (white bars), 0.2% EtOH (striped bars), 1% EtOH (black bars). RS26 line was seeded at 10,000 cells per well to control for proliferative capacity. All data analysed by one-way ANOVA with Tukey's post-hoc tests.  $N=9$ /treatment. All data represented by mean  $\pm$  SEM. \* $P<0.05$ , \*\* $P<0.01$ , \*\*\* $P<0.001$  compared to CON.



## Supplementary Materials and Methods

**Table 1.** Mouse trophoblast markers and associated primer sequences for SYBR qRT-PCR.

Gene	Trophoblast Marker	Forward Primer	Reverse Primer
<b>Junctional Zone</b>			
<i>Prl7a2</i>	SpT, P-TGC	GGGAGAATGTGGCCTCTGTA	TTGAGCTTCGTCCAGGTTTT
<i>Prl7b1</i>	GlyT/SpA-TGC	GGGAGGACGTGGTCTCTGTA	TTGGGTGATTGAGTGGCAA
<i>Tpbpa</i>	JZ and progenitors	AAGTTAGGCAACGAGCGAAA	AGTGCAGGATCCCAGTGTGTC
<i>Prl3d1 (Pl1)</i>	1° P-TGC	CTGCTGACATTAAGGGCA	AACAAAGACCATGTGGGC
<i>Prl2c (Plf)</i>	2° TGCs	TGTGTGCAATGAGGAATGGT	TAGTGTGTGAGCCTGGCTTG
<b>Labyrinth</b>			
<i>Syna</i>	SynT-1	ATGGAGAAACCCCTTACGCT	TAGGGGTCTTTGTGTCCCTG
<i>Ctsq</i>	S-TGC	TTCATTGGCCCAATACCCTA	GAAAGCTCCCAGAATTCACA
<b>Other</b>			
<i>18S</i>	Housekeeper	GTAACCCGTTGAACCCATT	CCATCGAATCGGTAGTAGCG

TS – trophoblast stem cell, SpT – spongiotrophoblast, GlyT – glycogen trophoblast, SpA-TGC – spiral artery-associated trophoblast giant cell, JZ – junctional zone, P-TGC – parietal trophoblast giant cell, TGC – trophoblast giant cell, SynT-1/2 – syncytiotrophoblast layer 1/2, S-TGC – sinusoidal trophoblast giant cell, 18S – ribosomal RNA.

**Pro- and anti-apoptotic marker analysis by qPCR**

TaqMAN gene expression assays utilised 5ul TaqMAN (Qiagen), *Bax* Mm00432051, *Bcl2* Mm00477631, and *18S* 4319413E (Thermofisher). *Bax* and *Bcl2* were multiplexed to *18S*.

**Fluorescent in situ hybridisation for localisation of trophoblast subtypes on cultured EGFP cells**

ISH for TS cell cultures were carried out as described [8], with modifications for fluorescent localisation. Fluorescein or DIG-labelled probes were made for *Tpbpa* and *Prl7a2* as per manufacturer's instructions (Roche) with primers sequences as described previously [8,20]. In brief, cells were fixed in 4% PFA for 15 min and transferred to 0.4% PFA until analysis. Cells were not treated with proteinase K, but were acetylated for 5 minutes prior to administration of FITC- or DIG-labelled probes at 1:200 which were hybridised overnight at 65°C. The following day, cells were washed in 5xSSC pre-warmed to 65°C for 3x20 min, followed by TN buffer (100mM Tris-HCl pH7.5, 150mM NaCl) for 5 mins prior to incubation

in block consisting of 1× MABT (150 mM NaCl, 100 mM maleic acid, 0.1% Tween-20, pH 7.5), 2% blocking reagent (Roche), 20% heat inactivated horse serum, for 1h. Samples were incubated in anti-DIG-POD or anti-FITC-POD antibody (1:500, Roche) overnight. The following day, cells were washed in TNT buffer containing 0.05% Tween20 in TN buffer for 3x15 min prior to probe detection with 1:50 FITC- or Cy5-Tyramide in amplification reagent (TSA<sup>TM</sup> kit, Perkin Elmer) for 10 min. Samples were washed in TNT buffer for 3x5 min and counterstained with Hoechst (Sigma). Coverslips were mounted in 70% glycerol prior to imaging. Prior to use on cultured cells, probes were tested on either E12.5 or E14.5 mouse placentas fixed in 4% paraformaldehyde overnight.

### Imaging and Analysis

Coverslips were imaged in 20x20 frames in z stacks of 5 using a 20x air objective on an inverted microscope (Leica) using set parameters. *Prl7a2*-FITC was imaged with the 488nm laser, *Tpbpa*-DIG was imaged with the 561nm laser and Hoechst with the 405nm laser. Representative images were also taken of paraffin and cultured cells using either the 20x or 40x air objectives. Image analysis was carried out using ImageJ (NIH). Z stacks were compressed with the maximum projections for DAPI and merged (DAPI and FISH marker). The greyscale DAPI image was converted to 8 bit, underwent watershed to separate adjoining nuclei, and counted with the automated Analyse Particles function. FISH positive cells were counted from merged images using Cell Counter.

## Highlights:

- Trophoblast cell survival in vitro was inhibited by ethanol
- Ethanol reduced gene expression of labyrinth and junctional zone trophoblast subtype-specific markers
- Results suggest ethanol exposure can directly alter the viability of mature trophoblasts and the expression of trophoblast subtype markers for both labyrinth and junctional zones