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Review

Regulation of adipocyte differentiation and function by polyunsaturated fatty acids

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Abstract

A diet enriched in PUFAs, in particular of the n-3 family, decreases adipose tissue mass and suppresses development of obesity in rodents. Although several nuclear hormone receptors are identified as PUFA targets, the precise molecular mechanisms underlying the effects of PUFAs still remain to be elucidated. Here we review research aimed at elucidating molecular mechanisms governing the effects of PUFAs on the differentiation and function of white fat cells. This review focuses on dietary PUFAs as signaling molecules, with special emphasis on agonistic and antagonistic effects on transcription factors currently implicated as key players in adipocyte differentiation and function, including peroxisome proliferator activated receptors (PPARs) (alpha, beta and gamma), sterol regulatory element binding proteins (SREBPs) and liver X receptors (LXRs). We review evidence that dietary n-3 PUFAs decrease adipose tissue mass and suppress the development of obesity in rodents by targeting a set of key regulatory transcription factors involved in both adipogenesis and lipid homeostasis in mature adipocytes. The same set of factors are targeted by PUFAs of the n-6 family, but the cellular/physiological responses are dependent on the experimental setting as n-6 PUFAs may exert either an anti- or a proadipogenic effect. Feeding status and hormonal background may therefore be of particular importance in determining the physiological effects of PUFAs of the n-6 family.

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1. Introduction

Obesity is the major factor predisposing individuals to different dyslipidemic conditions and is thus becoming an enormous challenge to health systems worldwide. Although

the so-called obesity epidemic is now recognized by the World Health Organization as one of the top 10 global health problems, clinicians have had little success in the fight against obesity. During the last decade, several genetic defects have been associated with obesity in humans, among those a number of mutations in genes involved in appetite regulation [1]. However, such mutations have only been detected in a minor fraction of obese individuals and the dramatic increase in the number of obese individuals during the last decades is rather a result of changes in the environment and eating habits. Thus, habitual food intake in excess of energy expenditure is still the primary factor leading to obesity.

As dietary fat contains more calories than protein and carbohydrates, limiting the intake of fat has been recommended in order to prevent obesity. Moreover, ever since the

Abbreviations: AA, arachidonic acid; COX, cyclooxygenase; dex, dexamethasone; DHA, docosahexaenoic acid; EPA, eicosapentaenoic acid; ERK1/2, extracellular signal-regulated kinase 1/2; DMSO, dimethylsulfoxide; LA, linoleic acid; MAPK, mitogen-activated protein kinase; LOX, lipoxygenase; LXR, liver X receptor; mix, methylisobutylxanthine; MDI, methylisobutylxanthine, dexamethasone and insulin; Ole, oleic acid; Palm, palmitic acid; PPAR, peroxisome proliferator-activated receptor; PUFA, polyunsaturated fatty acid; rosi, rosiglitazone; SCD, stearoyl-CoA desaturase; SREBP, sterol regulatory element-binding protein; TG, triacylglycerol

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relationship between elevated plasma cholesterol and coronary heart diseases was established, low-fat diets have been recommended by several official institutions, including the World Health Organization and the American Heart Association, as a prophylactic treatment for different lipid-related disorders. However, reducing the relative amount of fat in the diet alone apparently is not sufficient to prevent weight gain. In USA, energy intake from dietary fats dropped from 40% to 33% from the 1960s to 1995. In the same period, the number of obese adults (BMI>25) was steadily increasing, reaching 56% in the early 1990s and 65% at present [2–4]. Similarly, in Norway, the relative intake of dietary fats dropped from 40% to 34% from the middle of the 1970s to the middle of the 1990s [5]. In spite of this decrease in intake of dietary fats, the average male BMI increased from 24.8 to 26.6 (9.1 kg) and the average female BMI increased from 24.7 to 25.1 (3.7 kg) from 1960 to 1999 [6].

It is now clear that the effect of dietary fats on human health depends on the sources and nature of the fatty acids. Dietary fat associated with an increased risk of dyslipidemic disorders, including coronary heart disease, is primarily trans-fat, saturated fat and cholesterol. Generally, saturated fat of mammalian origin seems to be far more harmful to human health than unsaturated fat from plants and fish. A considerable number of studies have demonstrated the beneficial effects of PUFAs on lipid-related disorders in humans [7–11]. Thus, not only the quantity of ingested fats, but also the composition and nature of the fatty acids are of pivotal importance for human health.

The specific actions of different fatty acids are to a large extent determined by their metabolic properties. Chain-length, position and number of double bounds determine both physical and chemical properties of the fatty acids as well as their metabolic destinies. Most effects of fatty acids on cellular homeostasis are mediated by their metabolites. Inside the cell, fatty acids are elongated, desaturated, β -oxidized, peroxidized, incorporated into phospholipids and complex lipids such as ceramides and sphingolipids, or they participate in or interfere with eicosanoid synthesis. Enzymes in the eicosanoid pathway (cyclooxygenases, lipoxygenases, and P450 epoxygenases) normally use the major n-6 fatty acid, arachidonic acid, liberated from phospholipids by phospholipases, as substrates. Eicosanoids are not stored in the cells, but rather synthesized and immediately released (within 5–60 s) in response to a variety of hormones or cytokines. Arachidonic acid-derived eicosanoids have extremely short biological half-lives, and hence, the initial phases of the signaling cascades are stringently controlled. Of note, a number of pathologic states such as inflammation, asthma, hypertension and certain types of cancer are associated with the dysregulation of the eicosanoid pathway [12–14]. The structurally similar n-3 PUFAs may replace arachidonic acid in phospholipids. Some n-3 PUFAs are converted into products with properties distinct from those generated from arachidonic acid,

while others, in particular DHA, are inhibitors of cyclooxygenases (and possibly lipoxygenases). The consumption of a diet enriched in n-3 PUFA (specifically EPA and DHA) may thereby affect eicosanoid biosynthesis [15–17].

Dietary fatty acids and their metabolites are able to modulate protein expression by several mechanisms. They may affect gene transcription, messenger RNA processing and modulate posttranslational modifications of proteins [18–21]. PUFAs are known to suppress lipogenic gene transcription by downregulating the expression of the sterol regulatory element-binding proteins (SREBPs) [22–25] and they may function as antagonists of liver X receptors (LXR) [26,27] and as activators/ligands for the peroxisome proliferator-activated receptors (PPARs) [28–32]. Knowledge regarding fatty acids as kinase cascade activators/inhibitors has also accumulated during the last decades [33–38].

Until now, far more attention has been focused on strategies for treating obesity-associated diseases rather than focusing on preventing or treating the major underlying risk factor, obesity. However, understanding the processes that lead to de novo differentiation of adipocytes and onset of obesity would be necessary for developing new rational modalities for the prevention and treatment of obesity. It has been demonstrated that diets enriched in n-3 PUFAs decrease adipose growth in rodents [39–48], but only few studies have addressed questions concerning the effects of different fatty acids on adipocyte differentiation. Here, we review research aimed at elucidating molecular mechanisms governing the effects of PUFAs on the differentiation and function of white fat cells, with special emphasis on dietary PUFAs as signaling molecules.

2. PUFAs and PPAR γ

2.1. PUFAs as inducers of adipocyte differentiation and PPAR γ activators

Feeding rodents a high-fat diet induces the replication and differentiation of preadipocytes as well as adipose tissue hypertrophy [49–55]. High-fat feeding leads to increased levels of expression of the transcription factors C/EBP α and PPAR γ and a number of PPAR γ -target genes involved in adipocyte differentiation and lipid storage [56]. The adipocyte differentiation process is strictly dependent on the activation of PPAR γ [28,57–59], and the forced expression of PPAR γ and/or administration of PPAR γ -ligands induce adipocyte differentiation of fibroblasts as well as myoblasts in vitro [60,61]. PPAR γ knock-out is embryonic lethal due to placental dysfunction [28,58,59]. By aggregation of PPAR γ null embryos with tetraploid embryos, one PPAR γ -deficient pup has been recovered, and this pup was completely devoid of adipose tissue [28]. Furthermore, adipose tissue-targeted knock-out of PPAR γ results in severe lipodystrophic animals without adipose

tissue [57]. Heterozygous PPAR γ -deficient mice are reported to have decreased fat mass and smaller sized adipocytes [58,62,63]. These animals were, with one exception [64], reported to be protected from high-fat diet induced adipocyte hypertrophy [58,62,63].

A surprising variety of compounds are able to activate the PPARs [30,65,65–69]. Most fatty acids activate all three members of the PPAR family at micromolar concentrations [29,31,32,70]. In general, coactivator-dependent receptor ligand assays, binding competition assays and transactivation assays indicate that PUFAs are better activators of PPAR γ than MUFAs and saturated fatty acids [29,31,32,70]. An exception is erucic acid, that does not activate the PPARs [65,70]. The highest binding affinity is achieved with compounds containing 16–20 carbons [29], but also DHA activates the PPARs [29,30,32].

The administration of synthetic PPAR γ -ligands to various strains of rats leads to a dose-dependent increase in fat mass [71–74] and the generation of new small fat cells [74,75]. Thus, the activation of PPAR γ by ligands or high-fat feeding induces adipocyte differentiation also in vivo. Whereas synthetic PPAR γ -ligands induce hyperplasia and not hypertrophy, high-fat feeding induces both hypertrophy and hyperplasia. The type of fat, however, is important since fish oil feeding decreases body weight and fat mass in a dose-dependent manner [46], whereas PUFAs,

in general, are able to limit hyperplasia as well as hypertrophy in high-fat fed rats [47,49,76–79]. Thus, available data clearly indicate that PPAR γ is essential for adipose conversion. The effect of PPAR γ is, however, highly dependent on the type of ligands that activate the receptor.

The 3T3-L1 cell-line is a widely used model system for the analysis of adipocyte differentiation. The characteristic of this cell line is its ability to differentiate into mature adipocytes upon stimulation with insulin, dexamethasone and methylisobutylxanthine when maintained in fetal bovine serum. When 3T3-L1 cells in fetal bovine serum are treated with dexamethasone alone, a supply of an exogenous PPAR γ -ligand is necessary for efficient conversion into mature adipocytes. In this system, we tested the ability of a selection of fatty acids, reported to activate PPAR γ , to induce adipocyte differentiation. As demonstrated in Fig. 1, fatty acids are weak inducers of adipocyte differentiation at concentrations as high as 100 μ M. Of note, the weak effects on adipocyte differentiation appear to mirror the ability of the individual fatty acids to activate PPAR γ in transactivation assays (Fig. 1).

In the presence of both dexamethasone and insulin, several fatty acids, except erucic acid, more effectively stimulated the differentiation and increased the accumulation of triacylglycerol (Fig. 2). The saturated fatty acid palmitic acid and the MUFA oleic acid stimulated adipocyte

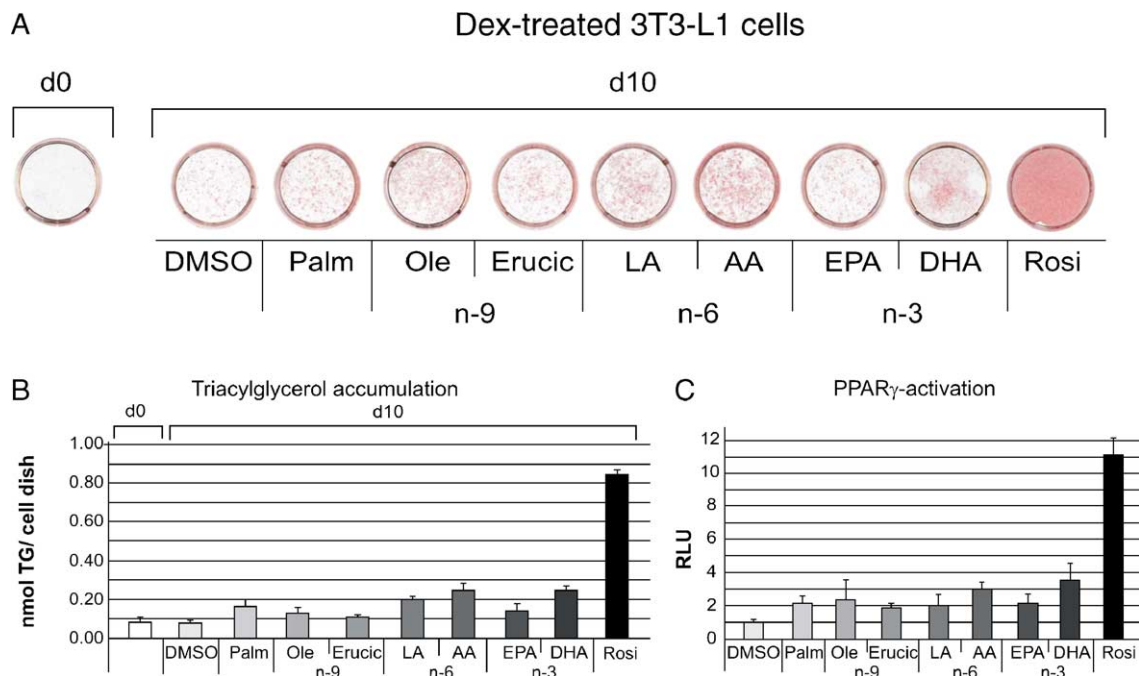


Fig. 1. 3T3-L1 cells were induced to differentiate at 2-day post confluence (designated day 0) with DMEM containing 10% fetal bovine serum (FBS) and 1 μ M dexamethasone (Dex). From day 2, the medium consisted of DMEM with 10% FBS and was changed every second day. 100 μ M palmitic acid (Palm), oleic acid (Ole), erucic acid, linoleic acid (LA), arachidonic acid (AA), eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) or 1 μ M rosiglitazone (rosi) dissolved in DMSO were added when differentiation was induced at day 0 and were present throughout the differentiation period. (A) The cells were stained with oil-red-O and photographed on day 0 and day 10. (B) The levels of triacylglycerols were measured in whole cell extracts on day 0 and day 10. (C) 3T3-L1 cells were transiently transfected with the UASGalx4-TK-luc reporter, a vector expressing Gal4-DBD-PPAR γ -LBD and a CMV- β -galactosidase vector. The cells were incubated for 24 h in the absence or presence of 100 μ M fatty acids or 0.5 μ M rosiglitazone dissolved in DMSO. Data are presented as luciferase activity normalized to β -galactosidase. The experiments were performed in duplicate or triplicate and repeated at least twice. Data are presented as mean \pm S.D. of at least three independent experiments.

differentiation and triacylglycerol accumulation to a similar extent, whereas PUFAs of both the n-3 and n-6 families were less effective (Fig. 2). It is also noteworthy that the lipid droplets in cells induced to differentiate in the presence of PUFAs were smaller in size than the lipid droplets formed in the presence of saturated fatty acids and MUFAs (Fig. 2). Thus, dietary PUFAs decrease lipid droplet size both in vitro and in vivo.

2.2. PUFA metabolites as inducers of adipocyte differentiation and PPAR γ activators

The high concentrations of fatty acids required to activate PPAR γ suggest that they are metabolized in the cell to

active forms or induce the release or synthesis of the true endogenous PPAR-ligand(s). Indeed, several fatty acid metabolites activate PPAR γ at lower concentrations than the fatty acids per se. Several products of the lipoxygenase and cyclooxygenase pathways are reported to activate PPAR γ [70,80–86]. The most studied eicosanoid in this matter is 15-d-PGJ2 that was reported to bind and activate PPAR γ and induce adipocyte differentiation [85,86]. Since then, 15-d-PGJ2 has often been referred to as the endogenous PPAR γ -ligand. However 15-d-PGJ2 is produced in picomolar concentrations in 3T3-L1 adipocytes, several orders of magnitude below the levels required to induce differentiation [87]. Furthermore, upon induction of differentiation, production of 15-d-PGJ2 does not increase

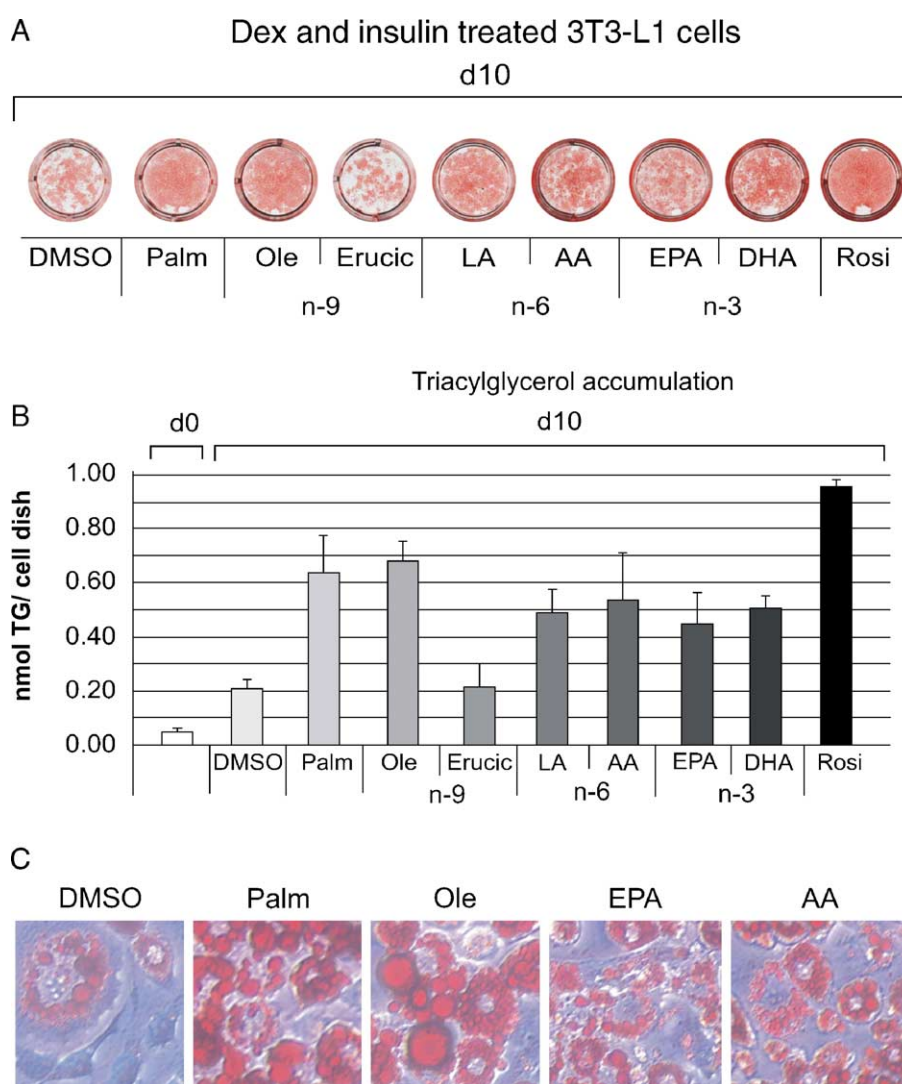


Fig. 2. 3T3-L1 cells were induced to differentiate at 2-day post confluence (designated day 0) with DMEM containing 10% fetal bovine serum (FBS), 1 μ M dexamethasone (Dex) and 1 μ g/ml insulin (ins). After 48 h, the cells were refed with DMEM containing 10% FCS and 1 μ g/ml insulin. From day 4, the medium consisted of DMEM with 10% FBS and was changed every second day. 100 μ M palmitic acid (Palm), oleic acid (Ole), erucic acid, linoleic acid (LA), arachidonic acid (AA), eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) or 1 μ M rosiglitazone (rosi) dissolved in DMSO were added when differentiation was induced at day 0 and were present throughout the differentiation period. (A) The cells were stained with oil-red-O and photographed on day 0 and day 10. (B) The levels of triacylglycerols were measured in whole cell extracts on day 0 and day 10. (C) Micrographs of oil-red-O stained cells at day 10. The experiments were performed in duplicate or triplicate and repeated at least twice. Data are presented as mean \pm S.D. of at least three independent experiments.

[87,88]. Thus, 15-d-PGJ2 is unlikely to represent the true endogenous PPAR γ -ligand mediating adipocyte differentiation [87].

Enzymes in the eicosanoid pathway, cyclo- and lipoxygenases and P450 epoxygenases normally use the major n-6 fatty acid, arachidonic acid, liberated from phospholipids by phospholipase A2, as substrate. Phospholipase A2 levels increase during differentiation, indicating increased substrate availability for eicosanoid synthesis [89]. The role of eicosanoid synthesis in adipose tissue development is, however, not clear cut and the role of cyclooxygenase in adipocyte differentiation has been a matter of dispute. Different prostaglandins have opposing effect on adipocyte differentiation. 15-d-PGJ2 and prostacyclin have been demonstrated to be proadipogenic [85,86,90–92], whereas PGF $_{2\alpha}$ inhibits the differentiation of primary preadipocytes [93–95], 1246 cells [94] and 3T3-L1 cells [96–98]. Secondly, as some of the commonly used cyclooxygenase inhibitors are themselves PPAR γ activators, conflicting results using cyclooxygenase inhibitors have been obtained [99,100]. Cyclooxygenase-2 has been implicated in the regulation of body fat accumulation as haplo-insufficient mice are prone to develop obesity [101]. Low levels of arachidonic acid, especially in phospholipids, are observed in obese animals [102,103] and reduced prostaglandin synthesis has also been reported in adipocytes isolated from an animal model of obesity [104].

Recently, we initiated a comprehensive analysis of the expression of the different lipoxygenases and cyclooxygenases in adipose tissue. Seven different lipoxygenases are identified in mice. Using RT-PCR analysis, p12(S)-LOX, l12(S)-LOX and the novel eLOX-3 were detected in adipose tissue [105]. Generally, all these lipoxygenases were expressed at higher levels in the stromal vascular fraction than in adipocytes isolated from brown and white adipose tissues [105]. Cyclooxygenase-1 and -2 were expressed almost exclusively in the stromal vascular fraction (Philip Hallenborg, unpublished).

We and others have reported that endogenous PPAR γ -ligands are produced rapidly upon methylisobutylxanthine, dexamethasone and insulin (MDI) treatment of 3T3-L1 cells, reaching a maximum during the first 4 days of differentiation [88,105]. In our hands, the inclusion of the general lipoxygenase-inhibitor NDGA (nordihydroguaiaric acid) and the 12/15-LOX selective inhibitor baicalein, but not inhibitors of cyclooxygenases and P450, prevented the MDI-induced differentiation of 3T3-L1 cells and the production of endogenous PPAR γ -ligands [105]. Using a stably integrated PPAR γ -ligand-sensing reporter system in 3T3-L1 cells, Tzameli et al. reported that treatment with baicalein did not prevent the activation of the reporter, and thus concluded that lipoxygenases were not involved in the production of endogenous PPAR γ -agonist in these cells [88]. However, baicalein itself is also able to enhance PPAR γ -mediated transactivation and also increases rosiglitazone-induced PPAR γ -mediated transactivation [105], and

Tzameli et al. did not report whether treatment with baicalein abolished adipocyte differentiation. In our hands, baicalein-mediated inhibition of adipocyte differentiation was rescued by administration of rosiglitazone [105]. Accordingly, we concluded that the endogenous PPAR γ -ligand(s) promoting adipocyte differentiation are generated by a baicalein-sensitive lipoxygenase-dependent pathway [105].

2.3. Effects of PUFAs mediated via prostaglandins

It is well documented that diets enriched in n-3 PUFAs decrease adipose growth in rodents [39–44], but concerns have been raised regarding the intake of n-6 fatty acids. Although a few studies demonstrate that a diet enriched in n-6 PUFAs decrease adipose tissue growth [44,106], n-6 PUFAs are often associated with an increased propensity to obesity [107–109]. The major n-6 PUFA, arachidonic acid, is required for the induction of differentiation of Ob1771 pre-adipose cells [91]. This proadipogenic effect of arachidonic acid is mediated by prostacyclin and is thus cyclooxygenase dependent [90–92]. In sharp contrast, however, another arachidonic acid-derived metabolite, PGF $_{2\alpha}$, potently inhibits the differentiation of primary preadipocytes [93,95], 1246 cells [94] and 3T3-L1 cells [96–98,110]. The effect of PGF $_{2\alpha}$ is suggested to be mediated through an FP receptor-mediated increase in intracellular calcium and increased DNA synthesis [98] and through the activation of mitogen-activated protein kinase (MAPK), resulting in an inhibitory phosphorylation of PPAR γ [111]. The role of PGE2, the third major prostaglandin produced in adipose tissue, in the regulation of adipocyte differentiation has been more controversial. It was reported that PGE2 only elicited an antilipolytic effect in mature adipocytes, but had no effect on preadipocytes [112]. However, it was recently demonstrated that functional EP4 receptors are present in 3T3-L1 preadipocytes and that the addition of PGE2 or a synthetic EP4 agonist suppressed MDI-induced adipocyte differentiation of 3T3-L1 cells [113,114].

The inclusion of 100 μ M of n-6 PUFAs, arachidonic acid or linoleic acid, prevents adipocyte differentiation and accumulation of triacylglycerol when 3T3-L1 cells are induced to differentiate by MDI [96–98,110] (Fig. 3). On the other hand, differentiation proceeds in the presence of n-3 PUFAs, but less triacylglycerol accumulates compared with control cells (Fig. 3). Additionally, the lipid droplets in the adipocytes were very small (Fig. 3). Saturated and monounsaturated fatty acids did not affect differentiation (Fig. 3).

Non-selective cyclooxygenase inhibitors [98,110], as well as selective inhibitors of cyclooxygenase-1 and -2 [110], rescue the arachidonic acid-mediated inhibition of differentiation. The inhibitory effect of n-6 PUFAs on lipogenic gene expression is reported to be independent of cyclooxygenase activity in hepatocytes [115], but mediated through prostaglandins in differentiated 3T3-L1 adipocytes

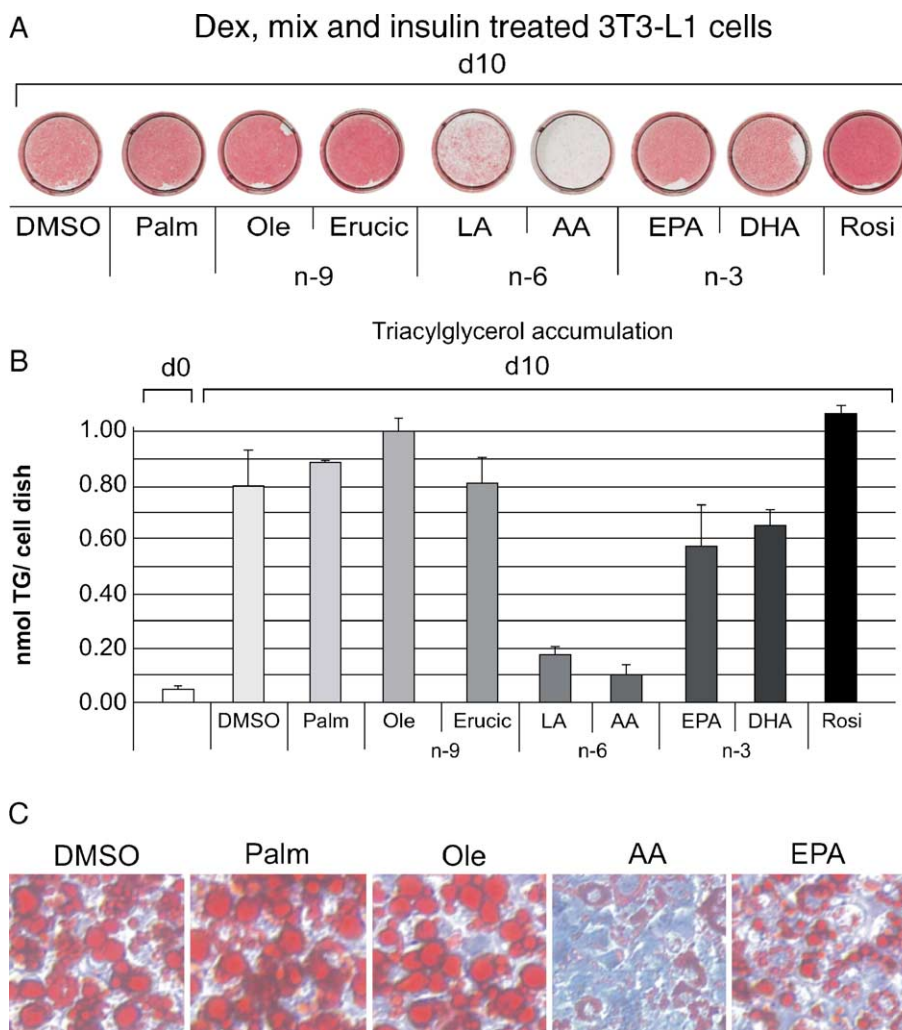


Fig. 3. 3T3-L1 cells were induced to differentiate at 2-day post confluence (designated day 0) with DMEM containing 10% fetal bovine serum (FBS), 0.5 mM methylisobutylxanthine (mix), 1 μ M dexamethasone (Dex) and 1 μ g/ml insulin (ins). After 48 h, the cells were refed with DMEM containing 10% FCS and 1 μ g/ml insulin. From day 4, the medium consisted of DMEM with 10% FBS and was changed every second day. 100 μ M palmitic acid (Palm), oleic acid (Ole), erucic acid, linoleic acid (LA), arachidonic acid (AA), eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) or 1 μ M rosiglitazone (rosi) dissolved in DMSO were added when differentiation was induced at day 0 and were present throughout the differentiation period. (A) The cells were stained with oil-red-O and photographed on day 0 and day 10. (B) The levels of triacylglycerols were measured in whole cell extracts on day 0 and day 10. (C) Micrographs of oil-red-O stained cells at day 10. The experiments were performed in duplicate or triplicate and repeated at least twice. Data are presented as mean \pm S.D. of at least three independent experiments.

[116,117]. Compared with arachidonic acid and linoleic acid, EPA is a poor substrate for cyclooxygenases [118–120]. Additionally, n-3 fatty acids are able to inhibit cyclooxygenase activity [17,119]. The differential potency of n-3 and n-6 PUFAs to prevent adipocyte differentiation and the finding that the general cyclooxygenase-1 and -2 inhibitor, indomethacin, rescues adipocyte differentiation in the presence of arachidonic acid (Fig. 4) suggest that at least some effects of the n-6 PUFAs are mediated by prostaglandins. Interestingly, in the presence of indomethacin, the n-6 arachidonic acid and the n-3 EPA were equally effective in reducing triacylglycerol accumulation, and in both cases did the adipocytes possess small lipid droplets (Fig. 4).

Thus, n-6 PUFAs inhibit MDI-induced adipocyte differentiation of 3T3-L1 cells far more efficiently than n-3 PUFA does. This is in apparent conflict with feeding

experiments in rodents showing that n-3 PUFA more effectively prevents high-fat diet-induced obesity than n-6 PUFA does [110,121]. Since the inhibitory effect of arachidonic acid on adipocyte differentiation requires prostaglandin synthesis, the effect of n-6 PUFAs is determined by the expression and activities of the cyclooxygenase. 3T3-L1 cells express both cyclooxygenase-1 and cyclooxygenase-2 [110,121]. Upon the induction of differentiation, cyclooxygenase-2 is transiently induced and then declines, whereas cyclooxygenase-1 expression declines gradually as differentiation progresses [110,121]. However, treatment with arachidonic acid leads to a sustained expression of cyclooxygenase-2 [110]. Moreover, as different prostaglandins are reported to have opposing effect on the differentiation process, the effect of n-6 PUFAs is also dependent on the expression and activities

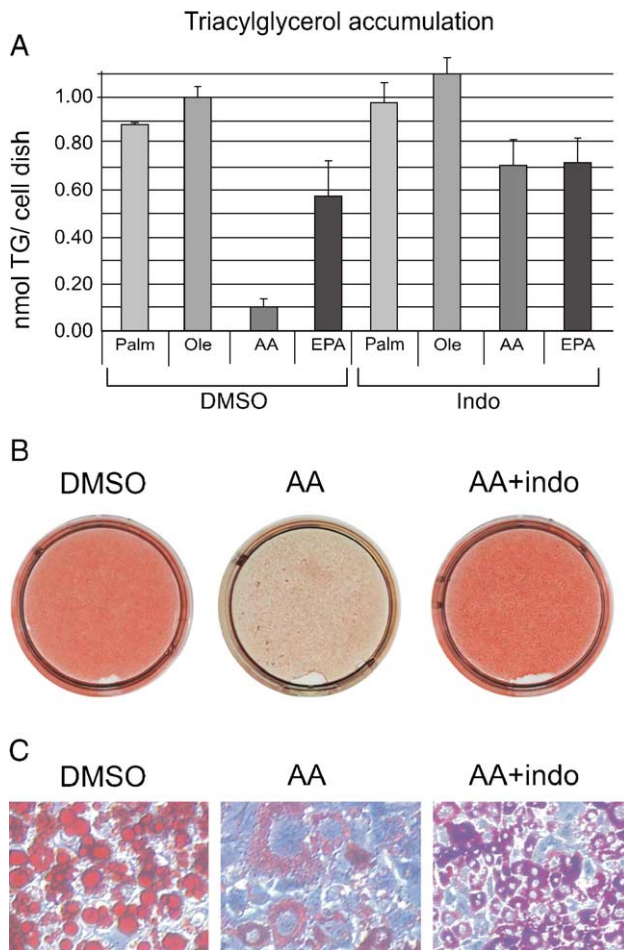


Fig. 4. 3T3-L1 cells were induced to differentiate as described in Fig. 3. 100 μ M fatty acids and/or 1 μ M indomethacin (indo) was added when differentiation was induced on day 0 and were present throughout the differentiation period. (A) The levels of triacylglycerols were measured in whole cell extracts on day 10. (B) The cells were stained with oil-red-O and photographed on day 10. (C) Micrographs of oil-red-O stained cells at day 10. The experiments were performed in duplicate or triplicate and repeated at least twice. Data are presented as mean \pm S.D. of at least three independent experiments.

of downstream enzymes that determine the type of prostaglandins produced. The effect of PUFAs in reducing the size of lipid droplets appears on the other hand to be related to the number of double bonds in the fatty acids, independent of prostaglandin synthesis.

A cAMP-responsive element in the cyclooxygenase-2 promoter has been shown to be essential for the induction of cyclooxygenase-2 by forskolin and dibutyl-cAMP in other cell lines [122,123]. In 3T3-L1 cells, sustained cyclooxygenase-2 expression by arachidonic acid requires the addition of a cAMP-elevating agent and is dependent of protein kinase A-activity [110]. Like sustained cyclooxygenase-2 expression, the general inhibition of adipocyte differentiation by arachidonic acid is dependent upon the addition of cAMP-elevating agents and protein kinase A-activity [110]. As observed for 3T3-L1 cell, arachidonic acid has also been shown to inhibit the differentiation of

primary preadipocytes [93,95] and 1246 cells [94]. In contrast, arachidonic acid was reported to be proadipogenic in Ob17 [124], Ob1771 [90,91] and 3T3-F442A cells [91]. Interestingly, the differentiation of these latter cell lines is induced in media containing no cAMP-elevating agents, suggesting that hormonal status and cAMP signaling may account for some of the apparently contradictory results achieved when examining the effect of arachidonic acid on adipocyte differentiation.

2.4. PPAR γ - and MAPK-induced phosphorylation

Over the past decade, evidence has accumulated that fatty acids may activate or inhibit various kinase cascades, including the ERK1/2 MAPK-pathway [33–38]. The effect of different fatty acids and their metabolites on ERK1/2 activation in 3T3-L1 cells is, however, largely unknown. In MDI-treated 3T3-L1 cells, the inclusion of arachidonic acid enhances ERK1/2 activation following induction and prolongs the period during which particularly ERK2 remains in the active state [110]. Moreover, the inhibition of MAPK-activation by MEK-inhibitors also restored adipogenesis in the presence of arachidonic acid [110] and PGF $_{2\alpha}$ [111]. Thus, MAPK-activity is necessary for arachidonic acid-mediated inhibition of adipocyte differentiation.

It is generally agreed that a transient upregulation of ERK1/2 MAPK-activity promotes adipogenesis and is necessary for clonal expansion [26,125–127], whereas the sustained activation of ERK1/2 has been demonstrated to inhibit adipogenesis [9,128–131]. Although recent findings clearly indicate that clonal expansion is an integral part of the differentiation process [132], it has also been reported that clonal expansion, at least under certain conditions, is dispensable [129,133]. Additionally, MAPK-activity is also able to downregulate PPAR γ 2 activity by the phosphorylation of serine 112 [134–136]. A serine-to-alanine substitution at this position of PPAR γ prevents MAPK-phosphorylation [134–136]. However, when mice homozygous for such a mutation (S112A) are fed a high-fat diet, weight gain and adipose tissue mass are comparable to wild-type mice, but in contrast to wild-type mice, they remain insulin sensitive [137]. Interestingly, the mutant mice have smaller adipocytes and are more glucose tolerant than wild-type mice [137]. On the other hand, a mutation that increases PPAR γ activity by preventing phosphorylation has been found in obese humans [138].

One of the main cyclooxygenase products in preadipocytes, PGF $_{2\alpha}$ [139], is reported to block adipogenesis by the phosphorylation of PPAR γ through the activation of MAPK [111]. However, in our hands, arachidonic acid was unable to inhibit differentiation when 3T3-L1 cells were transduced with either the PPAR γ wild-type or the S112A mutant (unpublished). Hence, even though MAPK activity is required for arachidonic acid-mediated inhibition of adipocyte

cyte differentiation, the role of PPAR γ phosphorylation in this process is never the less uncertain.

3. PUFAs as activators of PPAR α

Whereas PPAR γ is indispensable for adipogenesis, white adipose tissue develops normally in PPAR α knock-out mice, but larger adipose stores and increased body weight are reported in aged mice [140,141]. PPAR α serves as a receptor for a structurally diverse group of compounds, including hypolipidemic fibrates and a wide variety of saturated and unsaturated fatty acids. In agreement with transfection studies by Johnson et al. [31], Xu et al. found that saturated and unsaturated fatty acids bind to PPAR α with approximately the same affinity using a scintillation proximity assay [142]. On the other hand, Lin et al. demonstrated that PPAR α had a higher affinity for PUFAs than MUFAs using a fluorescence-based PPAR α -ligand interaction assay [143]. Using transactivation assays, several groups have reported that PUFAs are better activators of PPAR α than MUFAs and saturated fatty acids [29–31,65,70,82,144]. The latter is also supported by Forman et al., who used a conformation-based assay to determine binding of fatty acids to PPAR α [29,65]. Optimal binding affinity was achieved with compounds containing 16–20 carbons [29]. However, unsaturated very long chain fatty acids, such as DHA, are good activators of PPAR α compared with other fatty acids [29,30,32].

PPAR α plays a pivotal role in the regulation of intermediary metabolism in the liver, particularly fatty acid oxidation, under conditions where plasma fatty acid concentrations are elevated. During fasting conditions, fatty acids are mobilized from adipose tissue and taken up by the liver where they are β -oxidized. The activation of PPAR α has since long been known to increase hepatic fatty catabolism and reduce plasma triacylglycerols. The PPAR α knock-out mice have reduced capacity to metabolize long-chain fatty acids [145,146] and the pleotropic effects of peroxisome proliferators are abolished [147]. Like the hypolipidemic fibrates, dietary PUFAs induce the expression of PPAR α target genes, stimulate β -oxidation and reduce plasma triacylglycerol in rodents [148–156]. In agreement with most transfection and binding assays, dietary n-3 fatty acids are more effective than are n-6 fatty acids in activating genes controlled by PPAR α in the liver of rodents [144,148,149,152,154]. Using 6 different doses of fish oil, Nakatani et al. [46] found a good correlation between decreased amount of white adipose tissue and hepatic PPAR α activation. Studies in PPAR α knock-out mice have also demonstrated that PPAR α is necessary for n-3 PUFA to activate the expression of genes encoding β -oxidation enzymes [144,157].

Triacylglycerol stores in fat cells are largely derived from circulating triacylglycerols. Thus, the activation of PPAR α by n-3 PUFAs increases hepatic β -oxidation and energy

expenditure and thereby decreases the output of VLDL-particles from the liver and limits triacylglycerol supply to adipose tissue. Similar to dietary PUFAs, synthetic PPAR α -agonists such as fenofibrate and bezafibrate as well as nonmetabolized fatty acids have been demonstrated to prevent high fat diet-induced increase of body weight and adipose tissue mass in mice and rats [73,158–160]. Also, both fibrates and n-3 PUFAs upregulate UCP2 expression in liver, possible via PPAR α [161]. The activation of PPAR α might therefore reduce obesity indirectly by increasing hepatic fatty acid oxidation.

A study by Guerre-Millo et al. would argue against this, as they reported that PPAR α knock-out mice on either a pure Sv/129 background or 10 generations backcrossed C57BL/6N mice did not have significantly different amounts of adipose tissue compared with wild-type mice when fed a high-fat diet [162]. On the other hand, Kim et al. reported that PPAR α KO mice on a mixed background (C57BL/6Nx129/Sv) have increased body weight when fed a high-fat diet, compared to their wild-type littermates [163]. A third study by Akiyama et al. using PPAR α knock-out mice on a pure Sv/129 or C57BL/6N background reported an increased gonadal fat pad weight in the knock-out mice when the mice were subjected to a high-fat diet, but body weight did not differ between PPAR α knock-out mice and wild-type mice [164]. Similar results were reported by Haluzik et al. using 120S4/SvJaePparatm^{1Gonz} PPAR α knock-out mice from the Jackson Laboratory [165]. The different background of the mice might account for these differences.

PPAR α is expressed at low levels in preadipocytes and the expression is induced during adipocyte differentiation [166]. In primary adipocytes, bezafibrate is reported to increase fatty acid oxidation accompanied by increased mRNA levels of UCP2 and UCP3 [167]. PUFAs are also able to increase UCP2 mRNA in 3T3-L1 preadipocytes [168]. When 3T3-L1 cells differentiate, fatty acid oxidation decreases dramatically (Fig. 5a). However, in the presence of PUFAs, β -oxidation is elevated compared with control cells on day 10 (Fig. 5b). In this respect, arachidonic acid was far more effective than EPA (Fig. 5b). This might, however, be a result of decreased differentiation. When PUFAs were added to fully differentiated cells on day 10, EPA and DHA were more effective than arachidonic acid in elevating β -oxidation (Fig. 5c).

Bezafibrate, known to reduce fat depots in rats [169], also increases acyl-CoA oxidase mRNA levels, fatty acid peroxisomal β -oxidation [170] and enzymes involved in mitochondrial β -oxidation [167] in rat white adipose tissue. Additionally, bezafibrate treatment of rats increases the expression of UCP3 in epididymal white adipose tissue [169]. Bezafibrate treatment has also been reported to induce UCP1 expression to detectable levels in epididymal white adipose tissue [169]. As the ATP-yield is reduced by the upregulation of these proteins, energy expenditure may be increased by PPAR α activation also in adipose tissue.

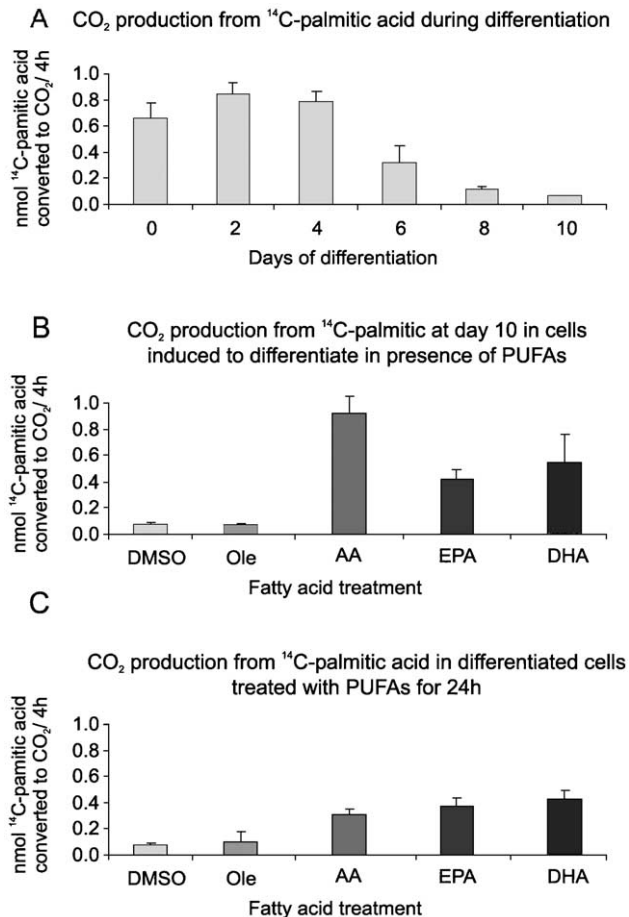


Fig. 5. 3T3-L1 cells were induced to differentiate as described in Fig. 3. To measure fatty acid β -oxidation cells were incubated with [U-¹⁴C]palmitic acid for 4 h. Labeled CO₂ were trapped quantitated by scintillation as described earlier [110]. (A) Fatty acid β -oxidation was measured during differentiation at days 0, 2, 4, 6, 8 and 10. (B) 100 μ M fatty acids were added when differentiation was induced on day 0 and was present throughout the differentiation period. Fatty acid β -oxidation was measured at day 10. (C) 100 μ M fatty acids were added at day 9 and were present for 24 h. Fatty acid β -oxidation was measured at day 10. The experiments were performed in duplicate or triplicate and repeated at least twice. Data are presented as mean \pm S.D. of at least three independent experiments.

In conclusion, PUFAs may increase fatty acid oxidation and energy expenditure in adipose tissue by the activation of PPAR α . Furthermore, by the activation of PPAR α in the liver, PUFAs upregulate hepatic fatty acid oxidation and energy expenditure accompanied by decreased apolipoprotein expression and release of very-low density lipoprotein particles. Thereby, fatty acids are re-partitioned and drained from blood and extrahepatic tissues.

4. PUFAs as activators of PPAR δ

PPAR δ was cloned in 1994 [171] and was suggested to play a role in molecular signaling initiating adipocyte differentiation [172]. PPAR δ is induced during the initial stages of adipocyte differentiation [172] but its role has

been a matter of debate. As most PPAR-ligands activate more than one receptor subtype, the specific role of PPAR δ in adipocyte differentiation has been difficult to determine. However, more specific ligands and the generation of PPAR δ knock-out mice have been useful tools to explore its function.

The synthetic selective PPAR δ -ligand L165041 has been shown to increase the expression of adipocyte specific markers and modestly promote terminal differentiation of preadipocytes [173]. The inclusion of L165041 in the differentiation medium enhanced terminal differentiation and lipid accumulation in wild-type but not PPAR δ knock-out cells [174]. The overexpression of PPAR δ enhanced the responsiveness of preadipocytes to fatty acids in terms of maximal response and sensitivity and promoted terminal differentiation by inducing PPAR γ expression [175]. Additionally, the nonadipogenic fibroblast cell line 3T3-C2 became responsive to fatty acids and acquired preadipocyte characteristics when PPAR δ was ectopically expressed [176]. However, a PPAR γ -ligand was still necessary to trigger terminal differentiation suggesting an interaction between PPAR δ and PPAR γ in modulating differentiation [176]. In contrast, the overexpression of PPAR δ and treatment with ligands were reported to be insufficient to stimulate differentiation of NIH-3T3 fibroblasts [177], and similarly, it was reported that the activation of PPAR δ did not induce the differentiation of fibroblasts [174] and 3T3-L1 cells [178]. The lack of effect in these experiments might, however, be due to a lack of a cAMP-elevating agent. We have demonstrated that the addition of a cAMP-elevating agent is crucial for the ability of PPAR δ -ligands to induce the expression of PPAR γ and induce adipocyte differentiation in PPAR δ -expressing NIH-3T3 cells [173].

A second possible role for PPAR δ in adipogenesis is the modulation of clonal expansion as ligand activation of PPAR δ causes increased cell proliferation [173]. Moreover, enforced expression of PPAR δ also renders the nonadipogenic cell-line 3T3-C2 cells capable of resuming cell proliferation in response to the administration of fatty acids [179].

A role for PPAR δ in the development of adipose tissue is further supported by the fact that adipose tissue stores are reduced in PPAR δ null-mice [180,181]. Recently, it was also demonstrated that adipocyte differentiation of PPAR δ -deficient cells is impaired even in the presence of a PPAR γ -agonist [174]. The apparent importance of PPAR δ in adipocyte differentiation might seem to contradict the fact that mice with adipose tissue targeted PPAR δ ablation accumulate more fat than wild-type mice when fed a high-fat diet [182]. However, the recombination of the PPAR δ locus was mediated via an aP2 promoter-controlled expression of the cre recombinase, and thus occurred relatively late in the differentiation process. Furthermore, these mice lack a functional PPAR δ in both white and brown adipose tissue [182]. Thus, a significantly compromised UCP1 expression resulting in

impaired thermogenesis might also contribute to the rapid weight gain in these mice [182]. It has not yet been possible to generate mice with white adipose tissue specific ablation of PPAR δ .

The adipose tissue-targeted expression of a constitutively active form of PPAR δ was shown to reduce adiposity [182]. These transgenic animals have increased the expression of genes required for fatty acid oxidation and energy dissipation, and treatment with PPAR δ -agonists caused severe lipid depletion [182]. The activation of PPAR δ in adipose tissue also reverses obesity in the leptin-deficient *Lep^{db/db}* mice [182]. The increased expression of PPAR δ in brown adipose tissue leads to increased β -oxidation and expression of UCP1 and UCP3 [182] and thus increased energy expenditure. Although UCP1 is a brand of brown adipose tissue, UCP1 expression was significantly induced also in the white fat of the PPAR δ transgenic mice [182]. Of note, low levels of transgenic expression of UCP1 in white fat are sufficient to protect against obesity [183]. PPAR δ -ligands also induce fatty acid β -oxidation [182,184] and expression of UCP3 in myotubes [182] and primary muscle cells [185]. UCP3 is also upregulated in L6 myocytes by the synthetic PPAR δ -agonist GW742 [186]. Skeletal muscle PPAR δ is indeed under nutritional regulation and its expression is induced under conditions such as fasting, when β -oxidation is high [184]. PPAR δ might therefore act as a key metabolic regulator of fat burning in peripheral tissues.

Fatty acids are able to activate PPAR δ in transfection assays, but less is known about the potency of different fatty acids to activate PPAR δ . Apparently, fatty acids that are unable to undergo fatty acid oxidation, such as 2-bromopalmitate [172] and tetradecylthioacetic acid [187], are effective activators of PPAR δ . Using transactivation assays or ligand-induced complex formation assays, three different groups have reported that PUFAs are better activators than are saturated fatty acids [29,31,32]. Using a coactivator-dependent receptor ligand assay, Krey et al. reported that long-chain fatty acids were better activators than are very long-chain fatty acids, $C > 20$ [82]. However, DHA activates PPAR δ at least as well as linoleic acid in transfection assays [32].

Similar to PPAR δ -agonists, dietary PUFAs, especially of the n-3 family, activate genes involved in β -oxidation [47,188–190] and induce the expression of UCP3 in skeletal muscle [42,188], the expression of UCP2 in white adipose tissue [191] and the expression of UCP1 in brown adipose tissue [43]. PPAR δ may accordingly play dual roles in adipocyte differentiation and function. The activation of PPAR δ seems to promote the early stages of adipogenesis including mitotic clonal expansion and the induction of PPAR γ 2 expression, whereas in more mature adipocytes (and in muscle), the activation of PPAR δ by PUFAs may reduce adiposity by inducing the expression of genes required for fatty acid oxidation and energy dissipation.

5. PUFAs as inhibitors of SREBP

Feeding status does not only affect adipose cells by controlling the number of adipose cells, but also determines the amount of lipid in each cell. When rats are fed a high-carbohydrate diet, or refed after fasting, several genes involved in de novo fatty acid synthesis and triacylglycerol synthesis in liver and adipose tissue are induced. The expression of lipogenic genes is controlled by the transcription factors SREBP-1a and -1c [192–194]. The nutritional induction of genes involved in lipogenesis is mainly controlled by the SREBP-1c isoform. During fasting, the expression of SREBP-1c and the expression of lipogenic genes are reduced dramatically in both the liver [195] and adipose tissue [196]. Refeeding a fat-free, high-carbohydrate diet induces de novo fatty acid synthesis and the expression of SREBP-1c and lipogenic genes to levels significantly higher than those observed in the normal fed state in both liver [195] and adipose tissue [196]. The effect is, however, less prominent in the adipose tissue than in the liver [197]. In fasted-refed SREBP-1c knock-out mice, the expression of lipogenic genes also rises, but not to the same extent as in the liver of wild-type animals [198]. The effect of refeeding is totally abolished in mice lacking the SREBP cleavage activating protein (SCAP), in which the activation of all SREBPs is absent [198]. Thus, it appears that SREBP-1a or -2 may substitute for SREBP-1c in permitting an insulin-mediated response of lipogenic gene expression [198].

The ability of PUFAs to inhibit lipogenesis in the liver has been known since the early studies by Allmann and Gibson almost 40 years ago [199]. Since then, several groups have demonstrated that dietary PUFAs suppress hepatic lipogenesis [150,200–204]. It is noticeable that several of these studies show that PUFAs of the n-3 and n-6 family are equally effective in inhibiting lipogenesis in the liver of rodents.

PUFAs are able to alter the expression of lipogenic genes by interfering with SREBP-1 expression at different levels in mouse liver. Firstly, dietary PUFAs are able to lower SREBP-1c mRNA levels [24,25,205]. Secondly, PUFAs inhibit the proteolytic maturation that is necessary for SREBP to exert transcriptional activity [23,46,206]. The possibility that PUFAs lower SREBP-1 expression by accelerating the degradation of mature SREBP-1 is, however, excluded by the finding that PUFAs do not reduce the amount of ectopically expressed mature SREBP-1 protein [207]. Dietary PUFAs are also known to repress the expression of lipogenic genes in adipose tissue [78,208], but far less is known concerning the underlying mechanism in peripheral tissue.

In hepatocytes, the ability of PUFAs to decrease the level of mature SREBP-1 and expression levels of lipogenic genes increases with increasing chain length and number of double bonds [22,144]. The placement of the double bonds appears, however, to be of less

importance, as both n-6 and n-3 PUFAs are equally effective. Neither does the effect of PUFAs on hepatic lipogenesis require cyclooxygenase activity [115]. In adipocytes, fatty acids of the n-6 family are far more potent than those of the n-3 family and require cyclooxygenase activity [116].

During adipocyte differentiation, SREBP-1 mRNA is highly induced [209] and proteolytically activated [210]. Several lines of evidence have suggested a role of SREBP-1c, also known as adipocyte determination and differentiation factor (ADD1), in adipocyte differentiation [209]. Forced expression of SREBP-1c induced an expression of adipocyte specific genes and increased the differentiation of the nonadipogenic fibroblast cell line NIH-3T3 [211]. It has also been demonstrated that SREBP-1c is able to directly transactivate the C/EBP β promoter [212] and induce expression of PPAR γ [213]. The forced expression of SREBP-1c also leads to the production of a putative endogenous PPAR γ -ligand [214].

Although these findings strongly suggest a role of SREBP-1c in adipocyte differentiation, SREBP-1c knock-out mice have normal adipose tissue [198,215] and mice that lack both the SREBP-1c and -1a isoforms also have normal amounts of adipose tissue and fully differentiated adipocytes expressing normal levels of adipocyte specific markers [216]. The ablation of SREBP-1 did not decrease the amount of white adipose tissue in C45BL/6J-129Sv/Ev hybrids [216] or obese leptin-deficient Lep^{ob/ob} mice [217,218]. SREBP-1c is the predominant SREBP-1 isoform expressed in adipose tissue [193], but an adipocyte-specific overexpression of SREBP-1c in mice severely inhibits adipocyte differentiation and renders the mice lipodystrophic [219]. On the other hand, adipocyte specific transgenic expression of SREBP-1a in mice led to massively enlarged adipocytes with increased expression of lipogenic genes and increased rate of de novo fatty acid synthesis [220]. The nature of the SREBP-1 isoforms in 3T3-L1 cells is controversial. The 3T3-L1 cells studied in Spiegelman's laboratory were reported to predominantly express SREBP-1c [196], whereas 3T3-L1 cells from the laboratory of Goldstein and Brown [193] as well as Sato [210] exclusively expressed SREBP-1a. The reason and potential consequence of this discrepancy are not clear, but the expression of lipogenic genes is highly induced during the differentiation of both cell lines.

During differentiation, de novo fatty acid synthesis also increases tremendously (Fig. 6a). When 3T3-L1 cells are induced to differentiate in the presence of PUFAs, the rate of de novo fatty acid synthesis is decreased compared with control cells (Fig. 6b). A similar, but less pronounced, effect is seen when fatty acids are added to fully differentiated cells (Fig. 6c). Similar to the effect of PUFAs on differentiation and triacylglycerol accumulation (Fig. 3), n-6 PUFAs are more effective than n-3 PUFAs to inhibit de novo fatty acid synthesis (Fig. 6). However,

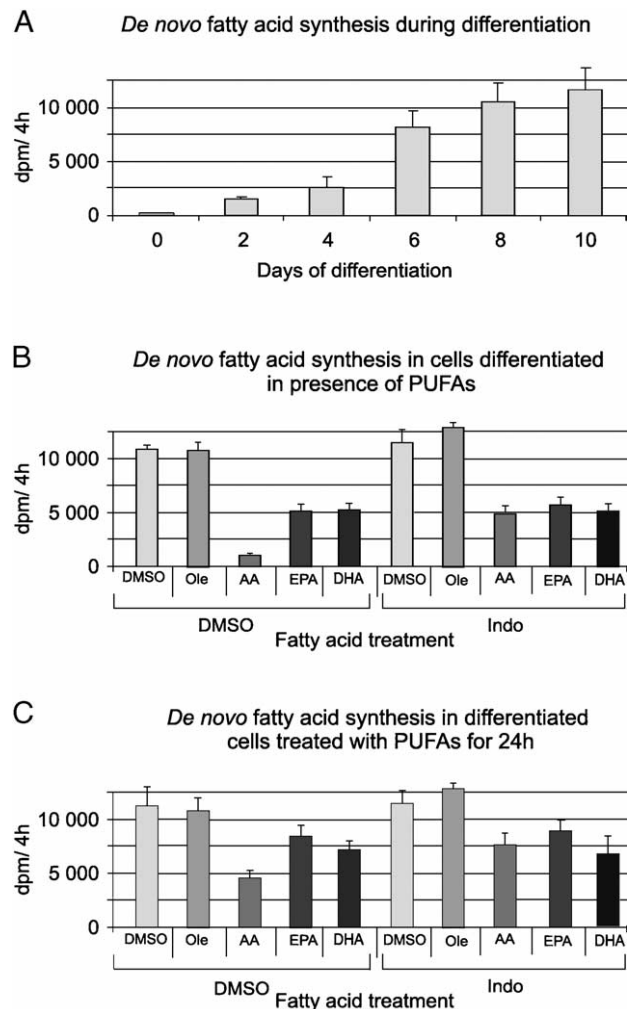


Fig. 6. 3T3-L1 cells were induced to differentiate as described in Fig. 3. To measure de novo fatty acid synthesis, cells were incubated with [¹⁴C]acetic acid for 4 h. Labeled fatty acids were extracted and quantitated by scintillation as described earlier [110]. (A) De novo fatty acid oxidation was measured during differentiation at days 0, 2, 4, 6, 8 and 10. (B) 100 μ M fatty acids and/or 1 μ M indomethacin (indo) were added when differentiation were induced on day 0 and was present throughout the differentiation period. De novo fatty acid synthesis was measured on day 10. (C) 100 μ M fatty acids and/or 1 μ M indomethacin (indo) were added at day 9 and were present for 24h. De novo fatty acid synthesis was measured on day 10. The experiments were performed in duplicate or triplicate and repeated at least twice. Data are presented as mean \pm S.D. of at least three independent experiments.

while the inclusion of the non-selective cyclooxygenase inhibitor, indomethacin, completely rescued differentiation and triacylglycerol accumulation of arachidonic acid-treated cells (Fig. 3), the rate of de novo fatty acid synthesis was only partially restored (Fig. 6). This suggests that arachidonic acid reduces the rate of de novo fatty acid synthesis in both a prostaglandin-dependent and -independent manner. Part of the inhibitory action of arachidonic acid on fatty acid synthesis is probably due to its polyunsaturated nature, as also EPA and DHA were able to inhibit de novo fatty acid synthesis in a cyclooxygenase independent manner (Fig. 6). Interestingly, when cyclo-

oxygenase activity is inhibited, the efficiency of PUFAs to inhibit de novo fatty synthesis was related to the chain length and degree of unsaturation. It is also noteworthy that the reduction in the size of lipid droplets by PUFAs was not dependent of cyclooxygenase activity. The ability of fatty acids to reduce lipid droplet size is therefore probably related to their degree of unsaturation, whereas the ability of arachidonic acid to inhibit differentiation requires cyclooxygenase activity.

Two of the SREBP-regulated genes highly induced during adipocyte differentiation are the stearoyl-CoA desaturases (SCD) or Δ^9 -desaturases [221] that catalyze the initial desaturation of long-chain fatty acids, primarily palmitic acid and stearic acid at the Δ^9 position. The induction of SCD1 and -2 in 3T3-L1 differentiation is paralleled by the increased expression of SREBP-1c [222]. SCD activity has been shown to be elevated in the adipose tissue of various animal models of obesity [223]. In contrast to SREBP-1 knock-out mice, the SCD1 knock-out mice have reduced adiposity and are resistant to diet-induced obesity [224]. The disruption of the SCD-1 gene in *ob/ob* mice also reduces obesity in this model [225]. Dietary PUFAs are major regulators of SCD expression in several organs including adipose tissue and PUFAs downregulate the expression of SCD-1 in adipose tissue of rats and differentiated 3T3-L1 cells [223]. The downregulation of SCD expression might therefore contribute to the ability of PUFAs to reduce adipose tissue growth. The underlying mechanism by which reduced SCD1 expression leads to reduced adiposity remains, however, to be deciphered.

The roles of the different SREBPs in adipocyte differentiation and adipose tissue development are thus still not elucidated. Although PUFAs evidently decrease lipogenesis in adipose tissue, in an SREBP-dependent manner, one cannot yet determine the importance of this effect in relation to the effect of PUFAs on adipose tissue mass.

6. PUFAs as antagonists of LXR-activation

LXR α is a potent activator of SREBP-1c expression and, thereby, the expression of several lipogenic genes in both liver and adipose tissue [226,227]. The increased expression of lipogenic genes in mice treated with LXR agonists is blunted in SREBP-1c knock-out mice, indicating an essential role of SREBP-1c in the LXR response [198]. Also, LXR α/β -deficient mice have reduced expression of SREBP-1c and lipogenic genes [228,229]. Two different groups have suggested that LXR α is responsible for mediating the PUFA effect on SREBP-1 [26,27]. The activation of the SREBP-1c promoter by LXR α is suppressed by PUFAs [27]. n-6 PUFAs are more potent LXR antagonists than are n-3 PUFAs, whereas monounsaturated and saturated fatty acids had little effect [27]. Thus, it appears that PUFAs downregulate hepatic lipogenic gene expression by serving as antagonists for LXR.

Several lines of evidence indicate a role for LXR in adipose tissue as well. Firstly, both LXR α and LXR β are highly expressed in adipose tissue [230–232]. Secondly, LXR α expression is induced during adipocyte differentiation [233]. Thirdly, LXR α is regulated by PPAR γ [234] and C/EBP α [235]. Recently, it was also demonstrated that PPAR γ is a LXR α target in adipocytes [227]. However, LXR is not indispensable, as the LXR α/β double knock-out mice develop adipose tissue [226,236]. Older double knock-out mice exhibit reduced adipose tissue stores [236], but the basis for this phenotype is not yet known.

The role of LXR as a modulator of adipogenesis has recently been a matter of debate. Juvet et al. reported increased lipid accumulation in 3T3-L1 cells by treatment with the synthetic ligand T0901317 or the endogenous ligand 22(R)-hydroxycholesterol [236]. These results were recently reproduced by Seo et al., who found increased lipid

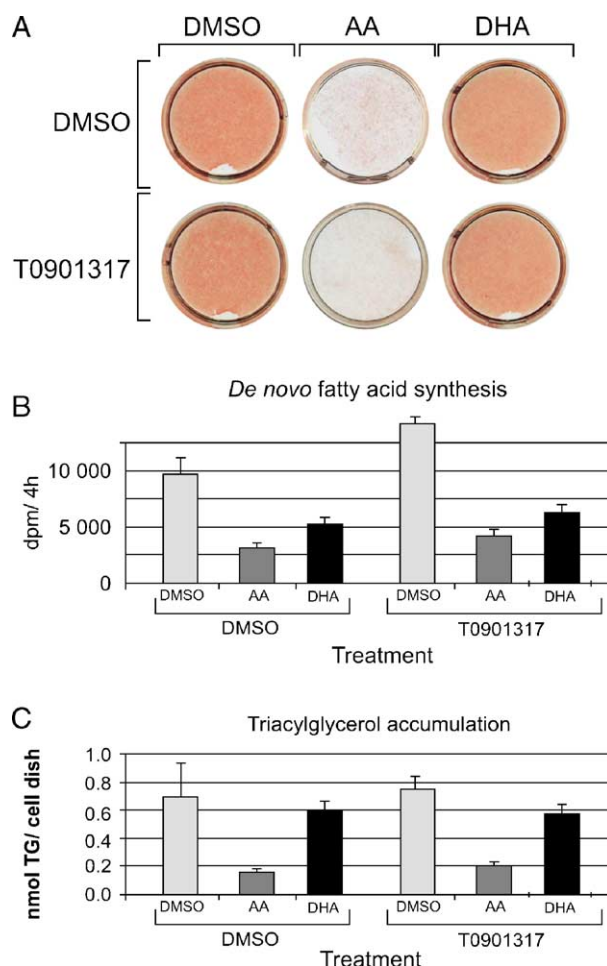


Fig. 7. 3T3-L1 cells were induced to differentiate as described in Fig. 3. 100 μ M fatty acids and/or 1 μ M T0901317 were added when differentiation was induced on day 0 and were present throughout the differentiation period. (A) The cells were stained with oil-red-O and photographed on day 8. (B) De novo fatty acid synthesis was measured on day 8. (C) The levels of triacylglycerols were measured in whole cell extracts on day 8. The experiments were performed in duplicate or triplicate and repeated at least twice. Data are presented as mean \pm S.D. of at least three independent experiments.

accumulation and enhanced differentiation of 3T3-L1 cells treated with 22(R)-hydroxycholesterol or T0901317 [227]. A potential role of LXR α in adipocyte differentiation was also supported by the finding that the suppression of LXR α by siRNA attenuated differentiation in 3T3-L1 cells [227]. On the other hand, Hummasti et al. reported that the synthetic LXR agonist GW3965 had no significant effect on lipid accumulation and morphologic differentiation in 3T3-L1 or 3T3-442A cells [237]. The forced expression of LXR α in NIH-3T3 fibroblasts did not induce differentiation and had no effect in conjunction with PPAR γ [237]. This is in accordance with our finding that in 3T3-L1 cells, the continuous presence of T0901317 had no effect on the differentiation and accumulation of triacylglycerol [233]. However, when LXR α was ectopically expressed in 3T3-L1 preadipocytes, the activation of LXR α by T0901317 prevented differentiation [233].

When we induce 3T3-L1 cells to differentiate in the presence of the synthetic LXR α agonist T0901317, we observed that differentiation and triacylglycerol accumulation were comparable to control cells, whereas a slight but reproducible increased de novo fatty acid synthesis was observed (Fig. 7). The inhibitory effect of arachidonic acid and DHA on de novo fatty acid synthesis and triacylglycerol accumulation was similar in the absence and presence of the LXR-agonist (Fig. 7). The basis for these different observations remains to be established. It is worth to note, however, that the differentiation of 3T3-L1 cells in the absence of an LXR-ligand was very poor in the papers, where LXR-ligands were reported to induce differentiation [227,236] compared with those that reported no effect [233,237]. Also, as LXR α appears to mediate its action by the SREBP-1c isoform, and thereby the

expression of several lipogenic genes in both liver and adipose tissue [198,226,227], differences in SREBP-1 isoform expression in different cell lines, as discussed above, might influence the results. Consequently, further studies are needed to determine the precise function of LXR in adipose tissue.

7. Conclusion

It is evident that a diet enriched in PUFAs, in particular of the n-3 family, decreases adipose tissue mass and suppresses the development of obesity in rodents. The precise underlying mechanism is, however, still not elucidated. A number of key regulatory transcription factors involved in adipogenesis are clearly targeted by PUFAs. One specific transcription factor may theoretically be responsible for mediating the action of PUFAs alone, but it is more likely that more than one is implicated and that feeding status of the animal determines the specific set of factors that are involved (Fig. 8).

Frequently, the effects of PUFAs are studied in animals fed a standard laboratory chow diet supplemented with the fatty acids for a various periods of time and then fasted overnight before being killed. In rats fasted overnight, plasma glucose and insulin levels are relatively low. Thus, the expression of LXR α and SREBP-1 is low, whereas PPAR α and PPAR δ are expressed at higher levels. Under such conditions, fatty acids are mobilized from adipose tissue and fatty acid oxidation in both the liver and peripheral tissue is high. The effects of PUFAs on PPAR α and PPAR δ target genes are prominent in such an experimental setup, whereas the effects on SREBP-target

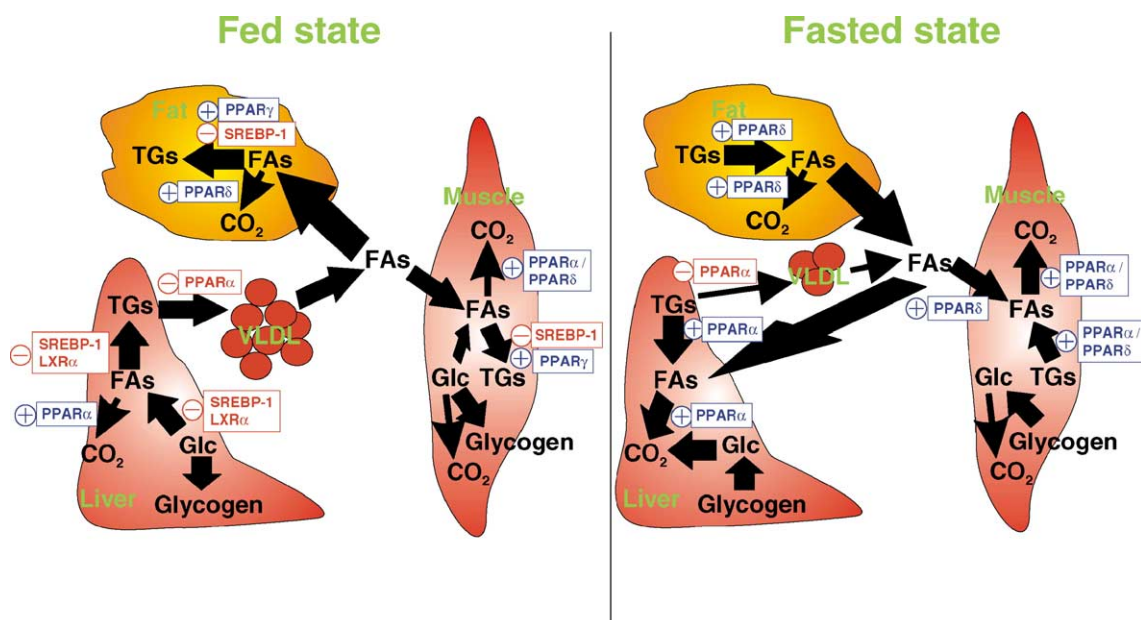


Fig. 8. A simplified scheme of lipid homeostasis in the fed and the fasted states. The size of the arrows indicates the magnitude of the flux of fatty acid and fatty acid metabolites. The potential stimulatory (+) or inhibitory (–) effects of dietary PUFAs on transcription factors are indicated.

genes are severely blunted. To unmask the inhibitory effects of PUFAs on SREBP-target genes, experiments must be performed when animals are in the fed state. When animals are refed after fasting, these effects are especially prominent. Under such conditions, the plasma levels of glucose and insulin are high. Fatty acid synthesis is high, whereas fatty acid oxidation and the expression of PPAR α and PPAR δ are low. Fatty acids are secreted from the liver into circulation and taken up by adipose tissue. These effects are even more pronounced when the diets are enriched in carbohydrates. Under such conditions, the expression of PPAR α is low and the effect of PPAR α activators are blunted [238,239].

For obesity studies, different animal models of genetic obesity, such as Zucker rats, *ob/ob* and *db/db* mice, or high fat diet-induced obesity are most commonly used. These models do not recapitulate human obesity. Firstly, similar monogenic causes of human obesity (*lep*- and *lepR*-), as well as others such as MC4R defect, Prader-Willi and Bardet-Biedel syndromes, are rare. Secondly, obesity in humans is not comparable to a high fat diet-induced obesity in animal models, as the relative intake of dietary fat has dropped, whereas average BMI has increased. By focusing almost exclusively on fat during the last decades, food companies have removed fat from several products. However, the fat has, to a large extent, been substituted by energy-dense refined carbohydrates. Furthermore, the intake of refined sugar from soda and other soft-drinks has increased tremendously the last decades. In Norway, the average intake per year increased from 41 l in 1970 to 127 l (representing 9 kg refined sugar) in 2001 [5]. Among teenagers, the situation is even worse, as the daily intake in this group in average amounts to 0.4–0.5 l sugar containing drinks. Furthermore, the consumption is often evenly distributed during the day. This constant ingestion of sugar results in a chronically elevated level of blood sugar and insulin and thus renders the body in a constant lipogenic state.

Feeding status may be of particular importance concerning the effect of PUFAs of the n-6 family. Fundamental opposite effects of n-6 fatty acids are reported on both adipose tissue development in animals and adipocyte differentiation in vitro. Firstly, different arachidonic acid metabolites have opposing effects on adipocyte differentiation. The metabolism of arachidonic acid may thus determine its effect. Secondly, the inhibitory effect of arachidonic acid and metabolites on adipocyte differentiation requires the elevation of cellular cAMP. In the absence of elevated cAMP-levels, arachidonic acid acts proadipogenic. The adipogenic potential of arachidonic acid is also potentiated by insulin. One could therefore postulate that the adipogenic effect of arachidonic acid on adipose tissue development in animals, and possible also in humans, would be particularly marked if a high arachidonic intake is combined with a high intake of carbohydrates.

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