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Research Article

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Mechanism of Action of Glucocorticosteroids

Inhibition of T Cell Proliferation and Interleukin 2 Production by Hydrocortisone Is Reversed by Leukotriene B₄

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Abstract

The mechanism whereby glucocorticosteroids are immunosuppressive is unknown. One potential mechanism of action of these compounds is inhibition of arachidonic acid metabolism. We found that the inhibition of lymphocyte proliferation by hydrocortisone or dexamethasone was mimicked by nonspecific lipoxygenase inhibitors and also by a specific 5-lipoxygenase inhibitor, but not by a specific cyclooxygenase inhibitor. Mitogen-stimulated cultures of T cells produce $\sim 5 \times 10^{-9}$ M leukotriene B₄ (LTB₄) in 24 h. This production of LTB₄ is completely inhibited by concentrations of hydrocortisone or lipoxygenase inhibitors that inhibit mitogen-induced [³H]thymidine incorporation. The inhibition of lymphocyte proliferation by either hydrocortisone or by the 5-lipoxygenase inhibitor was totally reversed by LTB₄, but not by leukotriene C₄ or leukotriene D₄. LTB₄ had no effect on the inhibition of lymphocyte proliferation by noncorticosteroids such as prostaglandin E₂, histamine, or γ -interferon. The inhibition of interleukin 2 (IL-2) production by hydrocortisone or dexamethasone was also completely reversed by exogenous LTB₄. LTB₄ alone did not cause IL-2 production or cell proliferation when added to resting lymphocytes. Thus, endogenous LTB₄ production appears to be necessary but not sufficient for phytohemagglutinin-induced IL-2 production and lymphocyte proliferation. Glucocorticosteroids inhibit IL-2 production and lymphocyte proliferation by inhibiting endogenous LTB₄ production.

Introduction

While the powerful effects of glucocorticosteroids (hereafter referred to as corticosteroids) on immune function have been recognized almost since their discovery in 1948, the mechanism of action of these drugs (or endogenous hormones) has been unclear. In 1975, Gryglewski et al. (1) and several other groups (2-4) showed that corticosteroids inhibit the release of arachidonic acid from membrane phospholipids and proposed that their antiinflammatory activity is due to this action. This hypothesis was difficult for many investigators to accept because it was already generally accepted that nonsteroidal antiinflammatory agents (NSAIA)¹ work via inhibition of arachidonic acid metabolism,

and that the antiinflammatory effects of corticosteroids are clearly different and more powerful than those of NSAIA. The understanding of arachidonic acid metabolism at that time was essentially as a straight line synthetic pathway from membrane phospholipid to arachidonic acid to the prostaglandins. Thus, if corticosteroids and NSAIA inhibit at different points in the same pathway, they should have very similar actions. This problem was clarified when Samuelsson and others (5) identified the lipoxygenase metabolic pathways for arachidonic acid.

This more complex schema of arachidonic acid metabolism allows us to seriously consider the possibility that many of the pharmacologic and perhaps physiologic actions of corticosteroids are indeed via inhibition of arachidonic acid release from membrane phospholipid, because corticosteroids inhibit both cyclooxygenase and lipoxygenase products while NSAIA inhibit only cyclooxygenase products. Clearly, the evidence supporting this concept has grown considerably over the past few years. Danon and Assouline (6) showed that RNA and protein synthesis are required in order for steroids to inhibit prostaglandin production. In 1979 and 1980, Flower and his associates (7, 8) in England and Hirata, Axelrod, and their co-workers (9) at the National Institutes of Health identified a phospholipase A₂-inhibitory glycoprotein, termed macrocortin or lipomodulin, that is synthesized and released by cells upon exposure to corticosteroids. On the other hand, several investigators have failed to find an inhibition by corticosteroids of the endogenous production of arachidonic acid metabolites in vitro (10) and in vivo (11, 12).

In this paper we show that mitogen-stimulated T cells produce substantial amounts of the 5-lipoxygenase product, leukotriene B₄ (LTB₄). Concentrations of hydrocortisone or dexamethasone which inhibit mitogen-induced [³H]thymidine incorporation and interleukin 2 (IL-2) synthesis also inhibit LTB₄ production. In addition, nonspecific lipoxygenase inhibitors and a specific 5-lipoxygenase inhibitor also inhibit the mitogen response. Finally, readdition of LTB₄ in concentrations normally produced to cultures containing hydrocortisone reverses the inhibition by hydrocortisone of IL-2 production and mitogen-induced proliferation of T cells. These findings support the concept that corticosteroids inhibit T cell proliferation via phospholipase A₂ inhibition; specifically, that corticosteroids inhibit mitogen-induced T cell proliferation by suppressing endogenous LTB₄ production.

Methods

Drugs. LTB₄, leukotriene C₄ (LTC₄), and leukotriene D₄ (LTD₄) were kindly supplied by Dr. J. Rokach (Merck-Frosst Laboratories, Dorval,

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1. *Abbreviations used in this paper:* FCS, fetal calf serum; HETE, hydroxyeicosatetraenoic acid; HPLC, high performance liquid chromatography; IL-2, interleukin 2; LTB₄, leukotriene B₄; LTC₄, leukotriene C₄;

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LTD₄, leukotriene D₄; NDGA, nordihydroguaiaretic acid; NSAIA, nonsteroidal antiinflammatory agents; PHA, phytohemagglutinin; PGE₂, prostaglandin E.

Canada). Various inhibitors of arachidonic acid metabolism and other drugs were examined for their effect on the mitogen response: indomethacin, nordihydroguaiaretic acid (NDGA) (13), hydrocortisone acetate, dexamethasone, histamine, prostaglandin E (PGE₂) (all from Sigma Chemical Co., St. Louis, MO); BW755C (Wellcome Research Laboratories, Beckenham, England) (14); AA861 (Takeda Pharmaceutical, Osaka, Japan) (15, 16), and γ -interferon (Interferon Sciences, Inc., New Brunswick, NJ). The leukotrienes and drugs were dissolved in ethanol and appropriately diluted in RPMI 1640 medium immediately before use. This resulted in ethanol concentrations in the cultures of 10 mg/100 ml to 1 μ g/100 ml. Control cultures always contained appropriate amounts of ethanol, which had no measurable effect on the mitogen response.

Isolation of peripheral blood lymphocytes. Peripheral blood mononuclear cells were isolated on Ficoll-Hypaque density gradients (Pharmacia Fine Chemicals, Piscataway, NJ) from heparinized blood of healthy adult donors. Glass-adherent cells were removed by incubation at 37°C for 1 h on glass petri dishes in RPMI 1640 with 20% fetal calf serum (FCS). T cells were isolated from these nonadherent cells by rosetting with 2-aminoethylisothio-uranium bromide hydrobromide-treated sheep red blood cells followed by centrifugation over Ficoll-Hypaque for 30 min at 300 g. The sheep red blood cells were lysed with Tris-NHCl buffer. The cell population, termed T cells, contained 95% T cells, as identified by the pan-T monoclonal reagent Leu-5, and 1–2% peroxidase-positive cells.

In some experiments the T cells were exposed to 500 rads irradiation using a 2560 Maximar III, 250 KV X-ray system (General Electric Co., Milwaukee, WI). After irradiation, cells were washed and resuspended in fresh medium for culture.

Cell cultures. The T cells were cultured in microtiter plates, 10⁵ cells in 200 μ l of RPMI 1640 supplemented with L-glutamine, 10% FCS, and penicillin-streptomycin. Phytohemagglutinin (PHA) and the drugs (arachidonic acid metabolites and inhibitors of arachidonic acid metabolism) were added directly to the wells upon initiation of cultures. Tritiated thymidine was added to cultures 64 h after addition of mitogens, and at 72 h the cells were harvested on filter paper and counted in a liquid scintillation counter. All cultures were performed in triplicate. Percentage inhibition caused by the various agents was calculated and results expressed as: percent inhibition = $1 - (A - C)/(B - C) \times 100\%$, where A is counts per minute in cultures with drugs, B is counts per minute in cultures without drug, and C is counts per minute in nonstimulated cultures.

Measurement of LTB₄ production. Cultures of T cells, 10⁶ cells/ml, were established in 10 \times 75-mm culture tubes (2054; Falcon Labware, Becton, Dickinson & Co., Oxnard, CA) with or without sera. After 0 or 24 h, culture media were harvested and processed for leukotriene extraction, high pressure liquid chromatographic separation, and quantification by radioimmunoassay (RIA). Media, 1 ml, were spiked with 1,800–2,000 cpm of purified ³H[LTB₄] (specific gravity 32 Ci/mmol) to calculate recoveries. In a first step, media were extracted using 0.5 vol of isopropanol. They were then acidified with formic acid (5 M to a pH of 3.0–3.5) and a second extraction was performed using 2.5 vol of diethyl ether. After centrifugation and phase separation, the organic phase (isopropanol/diethyl ether) was removed and the aqueous was reextracted with 2.5 vol of diethyl ether. The organic phases were pooled, dried under a nitrogen stream, and reconstituted in 1 ml of methanol/water (3:7). This final solution was filtered through 0.2 μ m filters and injected in a high pressure liquid chromatograph consisting of two solvent delivery modules (112; Beckman Instruments, Inc., Fullerton, CA), a gradient controller, and a reverse-phase C₁₈ 5 μ cartridge (Nova Pak; Waters Associates, Millipore Corp., Milford, MA) placed in a radial compression module (RCM-100; Waters Associates). Leukotrienes were detected at 280 nm using an in-line absorbance detector (Spectroflow 772; Kratos Analytical Instruments, Ramsey, NJ) interfaced with an integrator/printer plotter (SP 4270; Spectra-Physics Inc., Mountain View, CA). Elutions were performed at flow rates of 1 ml/min. An initial isocratic phase (15 min) using methanol/water/acetic acid (65:35:0.02 vol/vol), pH 5.7, adjusted with concentrated ammonium hydroxide (solvent B),

was followed by a progressive gradient to 100% methanol over 30 min. LTB₄ and hydroxyeicosatetraenoic acid (HETE) were eluted during the gradient phase, upon completion of which the column was reconstituted with solvent B for 15 min. Elution fractions (1 ml) were collected at 1-min intervals and those corresponding to LTB₄ eluates (retention time 24.72 \pm 0.12 min) were dried under vacuum and reconstituted in 300 μ l of 0.01 M phosphate buffer containing 0.1% bovine gamma globulin for subsequent quantification of LTB₄ by RIA. Recoveries of ³H[LTB₄] added in the media before extraction and chromatographic separation were 85–90%. The RIA employed (Amersham Corp., Arlington Heights, IL) (17) is sensitive to 12.5 pg/ml and has 0.1% cross reactivity with LTC₄, PGE₂, arachidonic acid, 5-hydroxyeicosatetraenoic acid (5-HETE), 11-HETE, and 15-HETE. It has 2% cross reactivity with 12-HETE and 3% cross reactivity with stereoisomers of LTB₄. None of the drugs employed in these studies, except of course LTB₄, interfered with the measurement of LTB in the radioimmunoassay when added directly to the assay.

Measurement of interleukin 2 production. For IL-2 production 10⁶ T cells were cultured at 37°C in 1 ml RPMI with 10% FCS in 12 \times 75-mm round bottom plastic culture tubes with mitogens and drugs as indicated above. At 48 h the culture supernates were collected and were dialyzed against 500 vol of phosphate-buffered saline for 48 h at 4°C with ten changes of dialysis fluid. The IL-2-dependent cells used were an HT-2 cell line of BALB/C origin (generously provided by Dr. C. W. Spellman, Cancer Research Center, University of New Mexico School of Medicine, Albuquerque, NM). The cell line was maintained in RPMI 1640 with 10% FCS and IL-2 at 60 μ /ml.

HT-2 cells were harvested from petri dishes, washed, and adjusted to a concentration of 10⁵ cells/ml with RPMI 1640, 10% FCS, 2 mM glutamine, and antibiotics. Cells were cultured in 100- μ l vol in microtiter plates in the presence of 100 μ l of IL-2 containing supernates, or those supernates diluted with complete media. After 22 h [³H]thymidine was added and at 26 h cells were harvested and counted in a liquid scintillation counter. All cultures were performed in triplicate. Results were compared with a standard curve generated by adding known amounts of purified IL-2 (Electro-Nucleonics Inc., Silver Spring, MD) to HT-2 cells. In experiments where the effect of corticosteroids, LTB₄, or other drugs was assessed on IL-2 production, control cultures were established where those drugs were added at the end of the culture. This never had an effect on the estimate of IL-2 production.

Results

Table I presents the results of experiments examining the effect of hydrocortisone and a variety of inhibitors of arachidonic acid metabolism on [³H]thymidine incorporation into mitogen-stimulated human T cells. As we (18) and others (19) have previously reported, hydrocortisone and dexamethasone in near-physiologic concentrations cause significant inhibition of [³H]thymidine incorporation, while indomethacin (a cyclooxygenase inhibitor) actually enhances [³H]thymidine incorporation (20). BW755 and NDGA, which block both the cyclooxygenase and lipoxygenase pathways and therefore have an effect on arachidonic acid metabolism similar to hydrocortisone (13, 14) also inhibit [³H]thymidine incorporation. AA861, a relatively selective inhibitor of 5-lipoxygenase with less effect on cyclooxygenase or on other lipoxygenase enzymes (15, 16) also caused substantial inhibition of mitogenesis. This suggests that a 5-lipoxygenase metabolite is necessary for normal mitogen-induced proliferation of T cells to occur. It also indirectly suggests that the relevant action of hydrocortisone in inhibiting mitogenesis might be in preventing the synthesis of a 5-lipoxygenase product. Accordingly, we next tested the effect of the addition of various 5-lipoxygenase metabolites of arachidonic acid on the inhibition of mitogenesis by hydrocortisone. The results of experiments

Table I. Effect of Corticosteroids and Other Inhibitors of Arachidonic Acid Metabolism on [³H]Thymidine Incorporation of PHA-stimulated Human T Cells

Drug	cpm (SEM)	Percent change (SEM)
mol/liter		
—	27,581 (3042)	—
Indomethacin (10 ⁻⁶)	34,621 (3968)*	+26 (6)
Hydrocortisone (10 ⁻⁵)	4,115 (804)*	-86 (5)
Hydrocortisone (10 ⁻⁶)	4,072 (1131)*	-85 (6)
Dexamethasone (10 ⁻⁶)	3,987 (1401)*	-86 (4)
BW755C (10 ⁻⁵)	3,716 (665)*	-87 (6)
NDGA (10 ⁻⁵)	2,129 (473)*	-93 (3)
AA861 (10 ⁻⁵)	4,121 (1282)*	-83 (5)

Human erythrocyte rosette positive cells were isolated from peripheral blood and cultured for 72 h with 2.5 μg/ml PHA. The drugs were added at the initiation of the cultures. Several concentrations of each drug were employed, but only one concentration is shown in the table. For NDGA, BW755C, and AA861, the concentration shown in the table causes >90% inhibition of 5-lipoxygenase activity (see Table IV). None of the drugs affected cell viability as assessed by trypan blue exclusion at the end of the culture. Data are presented as the mean±SEM for experiments on six different subjects. All cultures were performed in triplicate. * Significantly different from control with *P* < 0.01 by paired *t* test.

with two subjects are shown in Table II. LTB₄ by itself caused a slight inhibition of the PHA response. More importantly, LTB₄ in low concentrations (10⁻⁹ and 10⁻¹⁰ M) almost completely reversed the inhibition caused by hydrocortisone. In contrast, neither LTC₄ nor LTD₄ had an effect on the PHA response or on the hydrocortisone inhibition of that response. LTC₄ and LTD₄ were tested at many concentrations (only one is shown), all of which were ineffective. A summary of experiments on 10 individuals is shown in Fig. 1. Hydrocortisone at 10⁻⁶ M caused an average of 72% inhibition of [³H]thymidine incorporation. Adding back various concentrations of LTB₄ largely eliminated that inhibition, with 10⁻¹⁰ M LTB₄ giving the optimal effect (3% inhibition compared with control). Similar data was obtained when the PHA response was inhibited by AA861, with any of the three concentrations of LTB₄ employed causing complete restoration of the response. Just as with inhibition by hydrocortisone in Table II, neither LTC₄ nor LTD₄ had any effect on the inhibition of [³H]thymidine incorporation by AA861 (data not shown).

Fig. 2 shows the effect of delaying LTB₄ addition to PHA-stimulated cultures containing hydrocortisone. Addition of LTB₄ up to 8 h after initiation of the culture still resulted in complete reversal of the inhibition by hydrocortisone, while after 16 h of culture, addition of LTB₄ had little effect on hydrocortisone inhibition. Also, when the cells were preincubated with hydrocortisone for 2 h and then washed, addition of LTB₄ after the washing still reversed the inhibition caused by hydrocortisone (data not shown).

Table III shows data suggesting that the reversal of inhibition of T cell proliferation by LTB₄ is specific for corticosteroids. LTB₄ did not reverse inhibition of [³H]thymidine incorporation caused by PGE₂, histamine, γ-interferon, or γ-irradiation, but did reverse the inhibition caused by hydrocortisone or dexamethasone.

Table II. Effect of Adding 5-Lipoxygenase Metabolites of Arachidonic Acid on the Inhibition of Mitogen-induced Proliferation by Hydrocortisone

PHA (2.5 ug/ml)	Hydrocortisone	Arachidonic acid metabolite	Subject 1	Subject 2
			cpm	cpm
+	—	—	18,389	20,069
+	—	LTB ₄ 10 ⁻¹⁰	15,672	17,788
+	—	LTB ₄ 10 ⁻⁹	15,210	17,297
+	—	LTC ₄ 10 ⁻⁹	18,140	20,247
+	—	LTD ₄ 10 ⁻⁹	18,493	19,941
+	10 ⁻⁷ M	—	10,391	14,401
+	10 ⁻⁷ M	LTB ₄ 10 ⁻¹⁰	16,476	19,617
+	10 ⁻⁷ M	LTB ₄ 10 ⁻⁹	17,526	18,507
+	10 ⁻⁷ M	LTC ₄ 10 ⁻⁹	10,240	13,970
+	10 ⁻⁷ M	LTD ₄ 10 ⁻⁹	10,174	14,472
+	10 ⁻⁶ M	—	4,995	6,766
+	10 ⁻⁶ M	LTB ₄ 10 ⁻¹⁰	16,269	20,331
+	10 ⁻⁶ M	LTB ₄ 10 ⁻⁹	15,106	18,507
+	10 ⁻⁶ M	LTC ₄ 10 ⁻⁹	5,004	7,120
+	10 ⁻⁶ M	LTD ₄ 10 ⁻⁹	4,874	6,720

Results of experiments with two subjects are shown. The counts per minute given represent the mean of triplicate cultures. The standard deviation of the triplicate cultures was always within ±10% of the mean counts per minute. In both subjects the addition of LTB₄ alone caused a slight inhibition of PHA-stimulated [³H]thymidine incorporation, while both 10⁻⁷ M and 10⁻⁶ M hydrocortisone caused substantial inhibition. Strikingly, addition of LTB₄ to the cultures containing hydrocortisone restored the counts per minute almost to control levels. LTC₄ and LTD₄ had essentially no effect in this system over a wide concentration range (10⁻⁸-10⁻¹² M; only the values for 10⁻⁹ M are given).

The fact that exogenous LTB₄ reversed the inhibition of mitogenesis caused by hydrocortisone or lipoxygenase inhibitors suggested that endogenous LTB₄ production might be a necessary

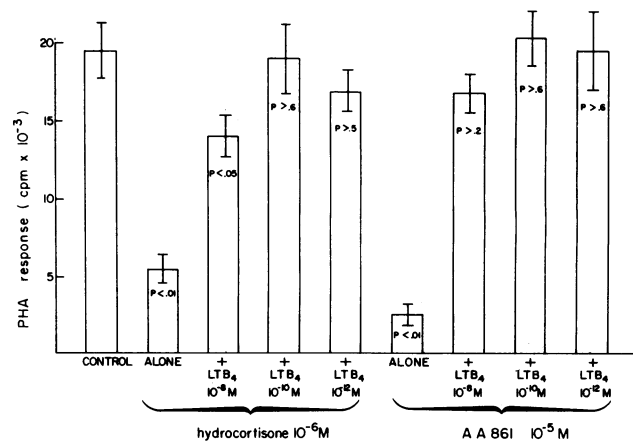


Figure 1. Effect of LTB₄ on inhibition of PHA-stimulated [³H]thymidine incorporation by hydrocortisone or AA861. Data are expressed as the mean±SEM for experiments on 10 subjects. *P* values are for paired *t* tests comparing the counts per minute of the drug-treated cultures with the control responses. Both hydrocortisone and AA861 caused substantial (>70%) inhibition of [³H]thymidine incorporation and this suppression was completely eliminated by LTB₄ at 10⁻¹⁰.

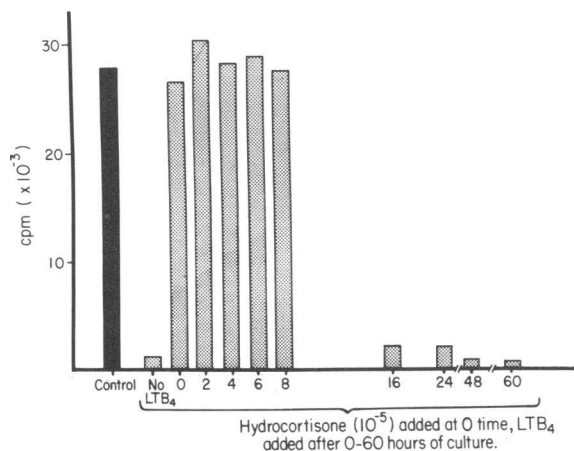


Figure 2. Effect of delaying addition of LTB₄ for various times after culture initiation on reversal of hydrocortisone-induced inhibition of lymphocyte proliferation. Mean counts per minute from two experiments is shown. Hydrocortisone (10^{-5} M) caused >90% inhibition of [³H]thymidine incorporation. This inhibition was completely reversed by addition of LTB₄ (10^{-10} M) at the beginning of the culture or 2, 4, 6, or 8 h after beginning the culture. If LTB₄ addition was delayed for 18 h or longer it had little or no effect on hydrocortisone inhibition of T cell proliferation.

component of mitogen-stimulated T cell proliferation. Accordingly, we measured LTB₄ levels in these cultures.

Fig. 3 shows a representative high performance liquid chromatography (HPLC) analysis of the supernates of T cells cultured without (A) or with (B) PHA for 24 h. In the supernates from the T cells cultured with PHA there was a large peak at the retention time comparable to LTB₄. Elution fractions corresponding to this peak were collected and assayed for immunoreactive LTB₄ using an RIA. These results are presented in Table IV and show that the LTB₄ peak seen in Fig. 3 contained sub-

Table III. Lack of Effect of LTB₄ on Inhibition of T Cell Proliferation Caused by Inhibitors Other Than Corticosteroids

Inhibitor	LTB ₄	Experiment 1	Experiment 2
—	—	23,057	22,294
—	+	17,778	16,342
Hydrocortisone (10^{-6})	—	13,600	14,293
Hydrocortisone (10^{-6})	+	20,724	22,296
Dexamethasone (10^{-6})	—	13,168	11,390
Dexamethasone (10^{-6})	+	21,188	20,105
PGE ₂ (10^{-6})	—	13,156	15,952
PGE ₂ (10^{-6})	+	11,377	17,686
Histamine (10^{-4})	—	12,444	12,976
Histamine (10^{-4})	+	11,945	14,618
Interferon (100 μ /ml)	—	14,350	13,824
Interferon (100 μ /ml)	+	13,931	14,682
Irradiation (500 rad)	+	6,588	6,846
Irradiation (500 rad)	—	7,146	7,747

Results of experiments with two subjects are shown. Just as in Table II, LTB₄ (10^{-10} M) by itself caused a mild inhibition of [³H]thymidine incorporation, but reversed the greater degree of inhibition caused by hydrocortisone or dexamethasone. In contrast, LTB₄ had essentially no effect on the inhibition of [³H]thymidine incorporation caused by PGE₂, histamine, interferon, or γ -irradiation. All cultures contained PHA at 2.5 μ g/ml.

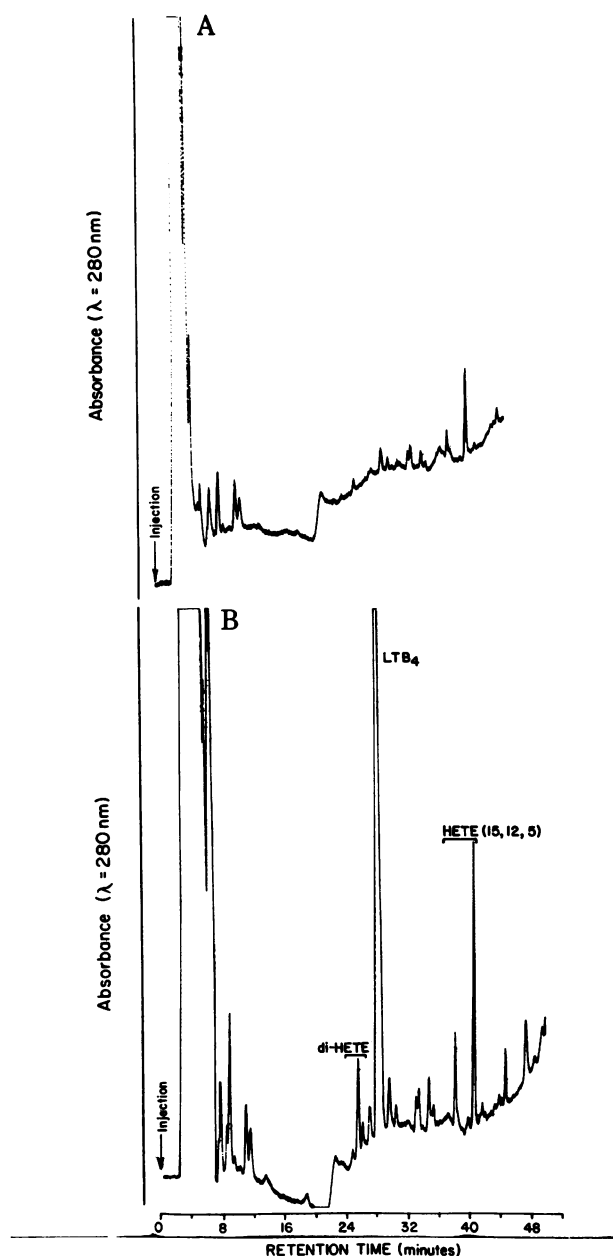


Figure 3. HPLC analysis of supernates of T cells cultured alone (A) or with PHA (B). The major peak in the supernate from the PHA-stimulated T cell culture had a retention time identical to LTB₄ and corresponded to the peak of immunoreactive LTB₄ by RIA (see Table IV). There were additional smaller peaks with retention times identical to 12-HETE and 5-HETE in the HPLC analysis of the PHA-stimulated culture that were lacking in the control cultures.

stantial amounts of immunoreactive LTB₄. The 1710 pg of LTB₄ produced by the 10^6 T cells corresponds to an LTB₄ concentration of 5×10^{-9} M. No measurable LTB₄ was produced by unstimulated T cells. Addition of hydrocortisone at 10^{-5} or 10^{-6} or of specific or nonspecific lipoxygenase inhibitors completely eliminated LTB₄ production (Table IV) and inhibited by >90% the production of other arachidonic acid metabolites (5-HETE, 12-HETE, and 15-HETE; data not shown). Hydrocortisone at 10^{-7} and 10^{-8} M caused lesser inhibition of LTB₄ production (Table IV). This parallels the less potent inhibition of lymphocyte proliferation by 10^{-7} M hydrocortisone (Table II).

Table IV. LTB₄ Levels in PHA-stimulated T Cell Cultures

Cells	PHA	Duration	Drug	LTB ₄
		of culture		
		<i>h</i>	<i>mol/liter</i>	<i>pg/10⁶ cells</i>
T cells	—	0	—	<100
+	—	24	—	<100
+	+	0	—	<100
+	+	24	—	1710±160*
+	+	24	hydrocortisone (10 ⁻⁵)	<100
+	+	24	hydrocortisone (10 ⁻⁶)	<100
+	+	24	hydrocortisone (10 ⁻⁷)	580 + 90*‡
+	+	24	hydrocortisone (10 ⁻⁸)	840 + 210*‡
+	+	24	NDGA (10 ⁻⁵)	<100
+	+	24	BW755C (10 ⁻⁵)	<100
+	+	24	AA861 (10 ⁻⁵)	<100

10⁶ T cells were incubated in 1 ml media with or without PHA (2.5 µg/ml). Cultures were harvested immediately or after 24 h, and the supernates were removed and stored frozen for later analysis for LTB₄ content. LTB₄ concentration was determined by RIA of samples eluting with the retention of LTB₄ after HPLC (see Methods). The data are given as picograms of LTB₄ per 10⁶ cells; that is, per 1 ml supernate of 10⁶ cells cultured in 1 ml media. The T cell preparations contained 1–2% monocytes as identified by peroxidase staining and >95% T cells, as identified by erythrocyte rosetting and staining with pan-T monoclonal reagents. Data represent the mean±SEM for four experiments on cells from different individuals.

* Different from cultures without PHA by paired *t* test, *P* < 0.001.

‡ Different from values of cells cultured with PHA without hydrocortisone, *P* < 0.01 by paired *t* tests.

Corticosteroids have been shown to inhibit IL-2 production, and exogenous IL-2 reverses the inhibition of mitogen-induced T cell proliferation by corticosteroids (46–49). To explore the relationship between LTB₄ and IL-2, we examined the effect of hydrocortisone and LTB₄ on IL-2 production by mitogen-stimulated T cells. As shown in Table V, inhibition of IL-2 production by hydrocortisone is reversed by exogenous LTB₄. There is a clear dose-response relationship, with an effect as low as 10⁻¹⁴ M LTB₄. PGE₂ or LTC₄ did not affect the inhibition of IL-2 production by hydrocortisone.

Discussion

In order to conclude that the effects of corticosteroids in a given physiologic system are due to inhibition of arachidonic acid metabolism, several criteria should be met. First, one should demonstrate that corticosteroids do indeed inhibit arachidonic acid metabolism in the system under study. Second, one should be able to duplicate the effect of corticosteroids with drugs which inhibit all the metabolic pathways for arachidonic acid. If so, then it might also be possible to find a more specific inhibitor of arachidonic acid metabolism, such as a specific cyclooxygenase inhibitor or a specific inhibitor of one of the lipoyxygenase enzymes, that duplicates the effects of corticosteroids in the physiologic system. Third, one should be able to reverse the effect of corticosteroids by adding back one or more specific arachidonic acid metabolites to the system, such as PGE₂, LTC₄, 15-hydroperoxyeicosatetraenoic acid, etc.

Table V. Inhibition of IL-2 Production in Mitogen-stimulated Lymphocytes by Corticosteroids Is Reversed by LTB₄

PHA	Inhibitor	Arachidonic	IL-2
		acid metabolite	
		<i>mol/liter</i>	<i>U/ml</i>
—	—	—	<20
+	—	—	2,937±460*
+	Hydrocortisone 10 ⁻⁵ M	—	<20
+	+	LTB ₄ (10 ⁻⁸)	4,384±842*
+	+	LTB ₄ (10 ⁻¹⁰)	2,840±52*‡
+	+	LTB ₄ (10 ⁻¹²)	576±116*‡
+	+	LTB ₄ (10 ⁻¹⁴)	212±45*‡
+	+	LTC ₄ (10 ⁻⁸)	<20
+	+	PGE ₂ (10 ⁻⁸)	<20
+	Dexamethasone 10 ⁻⁵ M	—	<20
+	+	LTB ₄ (10 ⁻¹⁰)	3,430±283*
+	AA861	10 ⁻⁵ M	<20
+	+	LTB ₄ (10 ⁻¹⁰)	3,482±109*
—	—	LTB ₄ (10 ⁻⁸)	<20

Data represent the mean±SEM from six experiments in different donors. 10⁶ T cells were cultured for 48 h in one ml media, and the supernates were dialyzed and assayed for IL-2 activity as described in the methods section.

* Different from cultures with PHA + hydrocortisone, *P* < 0.01 by paired *t* test.

‡ Different from cultures with PHA + hydrocortisone, +10⁻⁸ M, LTB₄, *P* < 0.01 by paired *t* test.

In this present communication we found that, while exogenous LTB₄ by itself caused slight inhibition of T cell proliferation, LTB₄ added in the first 8 h of culture completely overcame the much more dramatic inhibition caused by hydrocortisone or dexamethasone. LTB₄ is normally produced in mitogen-stimulated T cell cultures and this production is completely inhibited by concentrations of hydrocortisone that inhibit [³H]thymidine incorporation. Other drugs that inhibit LTB₄ production, such as specific and nonspecific lipoyxygenase inhibitors, also inhibit the mitogen response, and exogenous LTB₄ can reverse that inhibition. We conclude that endogenous LTB₄ production early in the culture is necessary for mitogen-stimulated T cell proliferation and that corticosteroids inhibit T cell proliferation by reducing endogenous LTB₄ production. Addition of LTB₄ to mitogen-stimulated T cells cultured without hydrocortisone has little effect, presumably because there are already optimal levels of LTB₄ produced endogenously.

LTB₄ is produced by enzymatic hydrolysis of leukotriene A₄ which is labile epoxide resulting from oxidation of arachidonic acid at the 5 position (5). LTB₄ has powerful chemoattractant and aggregating properties for neutrophils (21, 22). There have been few reports suggesting a role for LTB₄ in cellular immune responses. Several laboratories have reported modest (23–25) or no (26) inhibition of mitogen-stimulated proliferation of human T cells by LTB₄ or by LTC₄ (27). In addition, Rola-Plezczyński et al. (23) and we (28) have found that LTB₄ causes induction of suppressor T cells. Several years ago Kelly et al. (29) reported that nonspecific lipoyxygenase inhibitors such as NDGA inhibited mitogen-induced proliferation. Johnson and Torros (30) found that LTB₄, LTC₄, or LTD₄ could replace the requirement for IL-2 for interferon production by murine splenocytes. In another

study, we found that LTB₄ can act synergistically with suboptimal levels of IL-2 in stimulating proliferation of IL-2 responsive cells (31).

While LTB₄ has been identified as a major arachidonic acid metabolite of polymorphonuclear leukocytes (32), monocyte-macrophages (33–35), basophils (36), and eosinophils (37), it has not been well accepted that purified T cells produce LTB₄ or, indeed, any arachidonic acid metabolites (35, 38–42). Parker et al. (43) reported in 1979 that lymphocytes metabolized arachidonic acid to 5-HETE, but their lymphocyte preparations contained substantial numbers of monocytes and some neutrophils. Goetzl (44) reported that human T cells (E-rosette positive) stimulated with concanavalin A or a calcium ionophore produce substantial amounts of 5-lipoxygenase metabolites, including LTB₄, but others have disputed this claim (35, 38, 45), arguing that the LTB₄ produced comes from contaminating monocytes in the T cell preparation. We view this as an unlikely explanation for our results for several reasons. First, LTB₄ was produced only in conjunction with the T cell mitogen PHA and not by resting cells (Fig. 3 and Table IV). Second, the percentage of contaminating monocytes in our preparations was <2%; in further experiments (Atluru, D., E. Lianos, and J. S. Goodwin, manuscript submitted for publication) we found that adding back increasing numbers of monocytes to the T cells, to a final concentration of 20% monocytes, did not increase the LTB₄ produced upon PHA stimulation. We feel that previous efforts to determine if lymphocytes produce LTB₄ may have failed because the investigators added high concentrations of exogenous arachidonic acid to their cell cultures (35). We have found that exogenous arachidonic acid from 10⁻⁵ to 10⁻⁹ M inhibits LTB₄ and 5-HETE production by PHA-stimulated T cells by >90% (45a). Lacos and his colleagues (46) have recently reported a similar phenomenon of inhibition of 5-lipoxygenase in human neutrophils by exogenous arachidonic acid.

There is a seeming discrepancy between the amount of the LTB₄ required to restore T cell proliferation or IL-2 production in cultures containing hydrocortisone (Fig. 1 and Table V) and the amount of the LTB₄ production actually produced in the cultures not containing hydrocortisone (Table IV). Much more LTB₄ is produced than would appear necessary to maintain IL-2 production and T cell proliferation. We feel part of this discrepancy is due to the fact that we measured LTB₄ production at 18 h, whereas the effect of endogenous LTB₄ is early, at least within the first 8 h of culture, based on the data in Fig. 2. The early LTB₄ production in the first minutes of the culture is below the sensitivity of our assay, but, by extrapolation, is presumably in the range (10⁻¹⁰–10⁻¹² M) that causes restoration of IL-2 production and T cell proliferation when added to PHA-stimulated cultures containing hydrocortisone.

Corticosteroids have been shown to inhibit IL-2 production, and exogenous IL-2 reverses the inhibition of mitogen-induced T cell proliferation by corticosteroids (47–50). Thus, either LTB₄ or IL-2 reverses the inhibition of T cell proliferation caused by corticosteroids. As shown in Table V, exogenous LTB₄ restores IL-2 production by PHA-stimulated T cells cultured with hydrocortisone. Thus, we conclude that in T cell proliferation, LTB₄ production is a necessary step in IL-2 production. Corticosteroids, by inhibiting LTB₄ production, also inhibit IL-2 production, resulting in decreased T cell proliferation. The effect of corticosteroids on T cell proliferation can be overcome by adding LTB₄, thus restoring endogenous IL-2 production to normal, or by adding IL-2 directly. Our findings suggest that

specific 5-lipoxygenase inhibitors or specific LTB₄ antagonists might possess immunosuppressive properties similar to corticosteroids, while, because of their specificity, they might not share many of the other physiologic effects of corticosteroids.

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