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**Adipose tissue-derived stem cells from affected and unaffected  
areas in patients with multiple symmetric lipomatosis show  
differential regulation of mTOR pathway genes**

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1 **Adipose Tissue-Derived Stem Cells from Affected and Unaffected Areas in Patients with**  
2 **Multiple Symmetric Lipomatosis show Differential Regulation of mTOR Pathway Genes**

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4 Oliver Felthaus<sup>1,§</sup>, Teresa Schön<sup>1</sup>, Daniel Schiltz<sup>1</sup>, Thiha Aung<sup>1</sup>, Britta Kühlmann<sup>1</sup>, Friedrich Jung<sup>2</sup>,  
5 Alexandra Anker<sup>1</sup>, Silvan Klein<sup>1</sup>, Lukas Prantl<sup>1</sup>

6

7 1: Department of Plastic -, Hand-, and Reconstructive Surgery, University Hospital Regensburg,  
8 Regensburg, Germany

9 2: Institute of Biomaterial Science and Berlin-Brandenburg Centre for Regenerative Therapies,  
10 Helmholtz-Zentrum Geesthacht, Kantstrasse, Teltow, Germany

11

12 Corresponding author: Dr. Oliver Felthaus, Center of Plastic -, Hand-, and Reconstructive Surgery,  
13 University Hospital Regensburg, Franz-Josef-Strauss-Allee 11, 93053 Regensburg, Germany

14 [oliver.felthaus@ukr.de](mailto:oliver.felthaus@ukr.de)

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18

19 **Abstract**

20 **Background:** Multiple symmetric lipomatosis is a rare disease characterized by the excessive growth of  
21 unencapsulated masses of adipose tissue. Although the etiology has yet to be elucidated, a connection  
22 to brown adipose tissue has been proposed recently. The mTOR pathway, which is found to be  
23 regulated in lipomatous tissue as well as associated with brown adipose tissue, can be inhibited by a  
24 compound called rapamycin.

25 **Methods:** We isolated adipose tissue derived stem cells from both affected and unaffected tissue and  
26 treated these cells with different concentrations of rapamycin.

27 **Results:** The differences in both proliferation and differentiation between adipose tissue derived stem  
28 cells (ASCs) from lipomatous and normal tissue decreased after mTOR pathway inhibition. In some  
29 patients regulation of mTOR genes was opposed in the ASCs from the two different tissues.

30 **Conclusions:** Treatment with rapamycin might be a novel therapeutic approach for patients suffering  
31 from multiple symmetric lipomatosis.

32

33 **Key Words**

34 Multiple Symmetric Lipomatosis, rare disease, mTOR pathway, rapamycin

35 **1. Introduction**

36 *1.1 Multiple symmetric lipomatosis*

37 The rare disease (estimated incidence 1:25,000) multiple symmetric lipomatosis (MSL; also benign  
38 symmetric lipomatosis) is of unknown etiology and characterized by expansive growth of adipose  
39 tissue. Patients suffering from MSL can be divided into different phenotypes. Type I (horsecollar  
40 lipomata) includes exaggerated fat distribution in the neck, upper back, shoulders and upper arms;  
41 type II (pseudoathletic appearance) involves exaggerated fat distribution in the shoulder girdle, deltoid  
42 region, upper arms, and the thorax; type III (gynecoid distribution) is related to an excess of lipomatous  
43 tissue in the lower body, especially the thighs and medial side of the knees [1]. A fourth type  
44 (abdominal type) has been proposed. MSL was first described by Brodie in 1846 and further  
45 characterized by Madelung in 1888 and Launois and Bensaude in 1898 [2-4]. MSL is often associated  
46 with diabetes mellitus, hyperlipidaemia, hyperuricaemia, hypothyroidism, neural pathologies [5, 6]  
47 and the MERRF syndrome (myoclonic epilepsy with rigged red fiber) or other mitochondrial diseases  
48 [7, 8]. MSL may cause severe complications due to tracheal, laryngeal or mediastinal compression [9-  
49 12]. This could lead to sleep apnea [13]. It has been reported that MSL patients with no signs of  
50 coronary artery disease, acute myocardial infarction, or other cardiac abnormalities have suffered  
51 from sudden cardiac death [14, 15]. The authors have linked this mortality to the occupation of the  
52 mediastinal space by the lipomatous tissue. Although elevated alcohol consumption is common in  
53 patients suffering from MSL, many cases are reported where patients did not drink any alcohol at all  
54 [16]. Additionally, the neuropathies cannot be explained solely by the elevated alcohol consumption  
55 found in most MSL patients [17, 18]. Whereas most cases are sporadic, some familial cases (inherited  
56 in an autosomal-dominant fashion) have been reported [19-21]. However, the underlying genetic  
57 cause is unknown. An association with brown adipose tissue (BAT) has been proposed recently [16,  
58 22]. This is in accordance with the association of MSL with mitochondrial diseases, because brown fat  
59 is a tissue rich in mitochondria [23, 24], and the areas generally affected by MSL mirror the distribution

60 of BAT [22, 25]. Additionally, adipose tissue derived stem cells (ASCs) from lipomatous tissue were  
61 found to express UCP-1, a marker for brown fat [16, 22, 26].

### 62 *1.2 mTOR signaling pathway*

63 Fat tissue homeostasis is associated with the mTOR (mechanistic target of rapamycin) signaling  
64 pathway. The pathway is important for lipid homeostasis [27] and energy homeostasis [28-30].  
65 Additionally, a sustained activated mTOR pathway can be caused by overfeeding and can result in  
66 obesity and insulin resistance [31, 32]. Interestingly, insulin resistance is also common in patients  
67 suffering from MSL [33-35]. The mTOR gene encodes for a phosphatidylinositol kinase that, amongst  
68 others, mediates cellular responses to nutrient deprivation. Activated mTOR pathway results in the  
69 phosphorylation of activation of Ribosomal protein S6 kinase beta-1 (RPS6KB1, also p70S6 kinase,  
70 p70S6K, p70-S6K) which in turn phosphorylates S6 ribosomal protein, an activation crucial for protein  
71 synthesis. Interestingly, it was found that RPS6KB1 is important for early adipocyte differentiation [36,  
72 37]. Using a reverse phase protein assay, we have found that genes that are regulated differentially in  
73 adipose tissue derived stem cells (ASCs) from lipomatous tissue compared to ASCs from unaffected fat  
74 tissue are overrepresented in the mTOR pathway. Among these genes were IGF, PI3K, and Akt  
75 (unpublished data).

### 76 *1.3 Rapamycin*

77 The mTOR pathway can be inhibited by rapamycin (sirolimus). Rapamycin is a compound first found in  
78 bacteria (*Streptomyces hygroscopicus*) from the Easter Island (Rapa Nui) [38]. Rapamycin inhibits the  
79 expression of interleukin 2 and therefore the activation of B cells and T cells and is used as an  
80 immunosuppressant after organ transplantation. Additionally, rapamycin is used as treatment for  
81 lymphangioleiomyomatosis, and stents are coated with rapamycin to suppress the proliferation of  
82 smooth muscle cells [39, 40] while the proliferation of endothelial cells is suppressed also [41].  
83 Recently, we have shown that ASCs isolated from affected and unaffected areas can be used as a model  
84 system to evaluate differences in the regulation [24]. Additionally, we have seen that many genes  
85 regulated differentially in ASCs isolated from affected areas from MSL patients are associated with the

86 mTOR pathway, which can be inhibited by rapamycin. Here, we show that ASCs from normal and  
87 lipomatous tissue react differently to rapamycin treatment and that genes associated with the mTOR-  
88 pathway are regulated differentially in these ASCs.

89

## 90 **2. Methods**

### 91 *2.1 Cell culture*

92 Cells from fat tissue of affected and unaffected areas from five patients were isolated as previously  
93 described [24, 42]. Briefly, surgical biopsies from lipomatous tissue and normal adipose tissue were  
94 obtained. All patients were given verbal and written information, and signed informed consent was  
95 obtained prior to study start. The study was approved by the Independent Ethic Committee of the  
96 University of Regensburg (No.: 08/117). Subcutaneous adipose tissue (10g±0.5g) was harvested under  
97 local superficial skin anesthesia with Xylocaine. Tissue sample was used for extraction of adipose tissue  
98 derived stem cells (ASCs). The fat tissue was minced into small pieces (1mm<sup>3</sup>) and subsequently  
99 digested with collagenase (Sigma-Aldrich, St. Louis, MO, USA; 5U/ml fat tissue) for 45 minutes. The  
100 solution was filtered through a 100-µm strainer, centrifuged (500 rcf) and the cells from the obtained  
101 pellet were seeded into culture flasks with MEM alpha1 medium (Sigma Aldrich) containing 20% heat-  
102 inactivated FBS (Pan-Biotech, Aidenbach, Germany), 2 mM glutamine (Thermo Fisher, Waltham, MA,  
103 USA), 100 U/ml penicillin, and 100 µg/ml streptomycin (Sigma-Aldrich) and were incubated at 37°C in  
104 a humidified atmosphere containing 5% CO<sub>2</sub>. Upon reaching subconfluency, cells were detached with  
105 a 0.25% trypsin/0.02% EDTA solution (Pan-Biotech) and seeded at a density of 5000 cells/cm<sup>2</sup>. Cells in  
106 passage 5 were used for all experiments. For adipogenic differentiation, the cell culture medium was  
107 additionally supplemented with 1 µM dexamethasone, 0.5 mM IBMX, 100 µM indomethacin, and 10  
108 µg/ml human recombinant insulin (all Sigma-Aldrich). For inhibition of the mTOR signaling pathway  
109 the medium was supplemented with rapamycin (Sigma Aldrich, 0 ng/ml, 1 ng/ml, or 10 ng/ml,  
110 respectively). After a time period indicated in the respective result section, the cells were either used  
111 for vitality assays, stained for detection of adipogenic differentiation, or harvested for RNA isolation.

## 112 *2.2 Cell viability assay*

113 Cell viability was assessed using resazurin (Sigma-Aldrich) which is metabolized to the fluorescent  
114 resorufin by vital cells. ASCs were seeded into 96-well plates and allowed to adhere for 24h.  
115 Subsequently, the proliferation medium was discarded and replaced by medium supplemented with  
116 different rapamycin concentrations. After the time indicated in the respective experiments, the  
117 medium was replaced with a 0.07 mM resazurin in proliferation medium-solution. After 2 hours  
118 fluorescence intensity (excitation 530 nm, emission 590 nm) was measured using the VarioScan plate  
119 reader (Thermo Fisher). Results are shown as mean of all five patients  $\pm$  SD.

## 120 *2.3 Oil red O staining*

121 Staining with Oil red O was used to assess adipogenic differentiation. Cells were cultured until  
122 subconfluency was reached. Subsequently, the medium was changed to adipogenic differentiation  
123 medium. After ten days, cells were fixed with a 10% formalin (Sigma Aldrich) solution for 10 minutes.  
124 After washing with PBS, a 5 mM oil red O in 60% isopropanol solution was added and the cells were  
125 stained for 20 minutes. For quantification, the dye was discarded and the cells were washed with PBS  
126 four times and with 60% isopropanol one time. Subsequently, oil red O was eluted from the cellular  
127 lipid droplets with 100% isopropanol. Optical density at 518 nm wavelength was measured using the  
128 VarioScan plate reader. Results are shown as mean of all five patients  $\pm$  SD.

## 129 *2.4 Real-Time RT-PCR*

130 Cells were seeded into 6-well plates and upon subconfluency treated with the different rapamycin  
131 concentrations for seven days. For RNA isolation, the RNeasy mini Kit (Qiagen, Hilden, Germany) was  
132 used according to the manufacturer's instructions. RNA concentration was measured using a  
133 NanoDrop 2000 Spectrophotometer (Thermo Fisher) and reverse transcription of 1  $\mu$ g total RNA was  
134 done using the QuantiTect Reverse Transcription Kit (Qiagen). Quantitative RT-PCR was done using the  
135 DyNaMo Color Flash SYBR Green Master Mix (Thermo Fisher) and the Eco Thermal cycler (Illumina, San  
136 Diego, CA, USA). Primer sequences are as follows: GAPDH\_forward: 5`-GAAAGATGGTGATGGGATTTC-  
137 3`, GAPDH\_reverse: 5`-GAAGGTGAAGGTCGGAGTC-3`; mTOR\_forward: 5`-CGAAGCCGCGCAACC-3`,

138 mTOR\_reverse: 5'-ATTCCGGCTCTTTAGGCCAC-3'; EIF4EBP1\_forward: 5'-GGAGTGTCCGGAACCTCACCTG-  
139 3', EIF4EBP1\_reverse: 5'-ACTGTGACTCTTCACCGCC-3'; RPS6K1\_forward: 5'-  
140 TGTCGACAGCCCAGATGACT-3', RPS6K1\_reverse: 5'-ATTTGACTGGGCTGACAGGT-3'. Experiments were  
141 done in triplicates. The  $\Delta\Delta_{Ct}$ -method was used to calculate relative gene expression with GAPDH as  
142 housekeeping gene. Results are shown as mean  $\pm$  SD for every patient. Relative gene expression is  
143 normalized to ASCs.

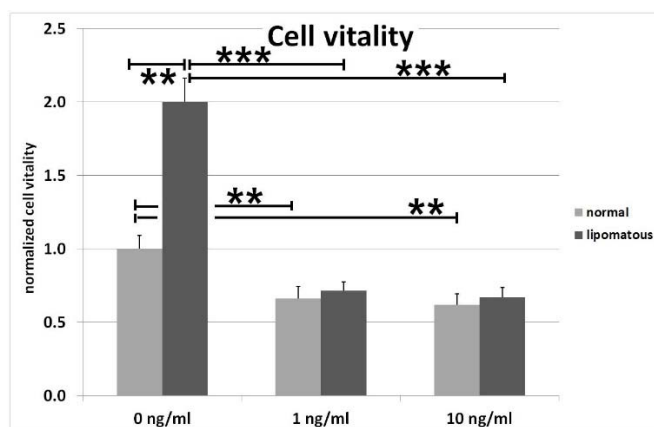
### 144 2.5 Statistics

145 Statistics was done using Student's T-Test. Significance is indicated as follows: \*: p-value < 0.05; \*\*: p-  
146 value < 0.005; \*\*\*: p-value < 0.001.

## 147 3. Results

### 148 3.1 Cell viability assay

149 ASCs from lipomatous tissue showed higher cell viability when compared to ASCs from normal tissue.  
150 Treatment with rapamycin for 48 hours led to a decrease in cell viability in both 1 and 10 ng/ml  
151 concentrations in the ASCs from both normal and lipomatous tissue. After treatment with rapamycin  
152 in both concentrations the cells from the unaffected areas had around 65% of their original viability  
153 remained. In contrast, cell viability of ASCs from affected tissue decreased to around 35% of their  
154 former value (figure 1).



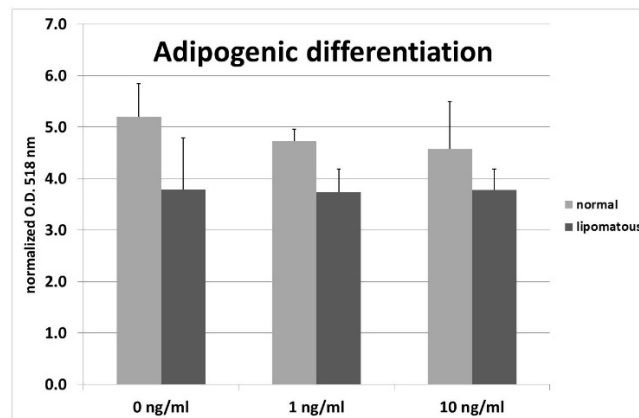
155  
156 Figure 1: Normalized cell vitality after 48 hours of ASCs from normal and lipomatous tissue after treatment with  
157 0 ng/ml, 1 ng/ml, and 10 ng/ml rapamycin, respectively. Results are shown as mean of all five patients  $\pm$  SD.  
158 Significance is indicated as follows: \*: p-value < 0.05; \*\*: p-value < 0.005; \*\*\*: p-value < 0.001.



159

### 160 3.2 Oil red O staining

161 ASCs from normal tissue showed a higher degree of differentiation when compared to ASCs from  
162 lipomatous tissue. Adipogenic differentiation was impaired in ASCs from normal tissue when  
163 rapamycin was added to the culture medium. After treatment with 1 ng/ml and 10 ng/ml rapamycin  
164 Oil Red O staining decreased to 91% or 88% of the original values, respectively. Adipogenic  
165 differentiation of ASCs from lipomatous tissue was nearly unaffected (Figure 2).



166

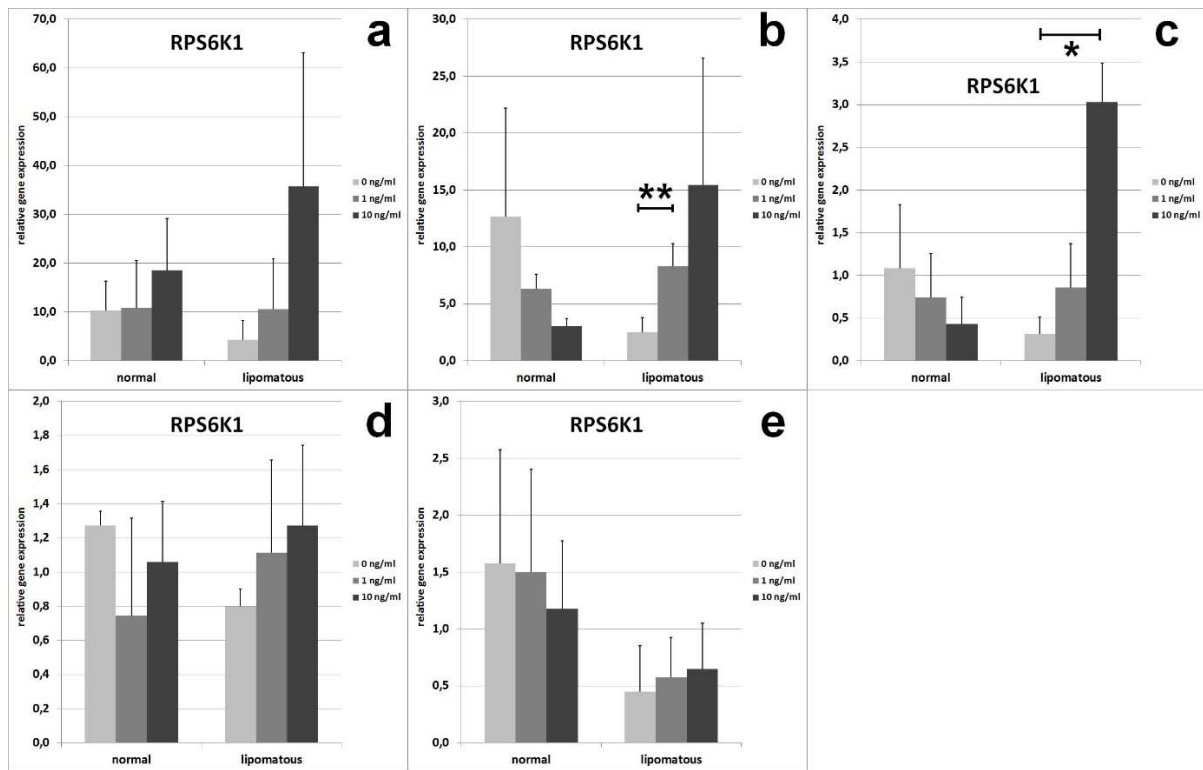
167 Figure 2: Adipogenic differentiation of ASCs from normal and lipomatous tissue after treatment with 0 ng/ml, 1  
168 ng/ml, and 10 ng/ml rapamycin, respectively. Cells were differentiated for 10 days and stained with Oil Red O  
169 subsequently. After washing, the dye bound to triglycerides was eluted with isopropanol and measured  
170 colorimetrically. Values are normalized to undifferentiated ASCs from normal tissue. Results are shown as mean  
171 of all five patients  $\pm$  SD. No statistically significant differences were observed.

172

### 173 3.3 Real-Time (RT)-PCR

174 Gene expression was regulated differentially in ASCs from affected and unaffected areas after  
175 rapamycin exposition in some patients. This was most considerable for the direct target of the mTOR  
176 signaling pathway, RPS6K1, but also seen in some patients for EIF4EBP1 and mTOR. RPS6K1 was  
177 downregulated with increasing rapamycin concentrations in ASCs from normal tissue but upregulated  
178 in ASCs from lipomatous tissue (Figures 3b-e). Patient 1, however, did not show this opposed  
179 regulation (Figure 3a). EIF4EBP1 was downregulated or not regulated with increasing rapamycin  
180 concentrations in ASCs from unaffected tissue but upregulated in ASCs from affected tissue in some

181 patients (Figures 4a, d). Patients 2, 3, and 5, however, did not show this opposed regulation (Figures  
 182 4b, c, e). mTOR was downregulated with increasing rapamycin concentrations in ASCs from normal  
 183 tissue but upregulated in ASCs from lipomatous tissue (Figures 5b, c). Patients 1, 4, and 5 however, did  
 184 not show this opposed regulation (Figures 5a, d, e).



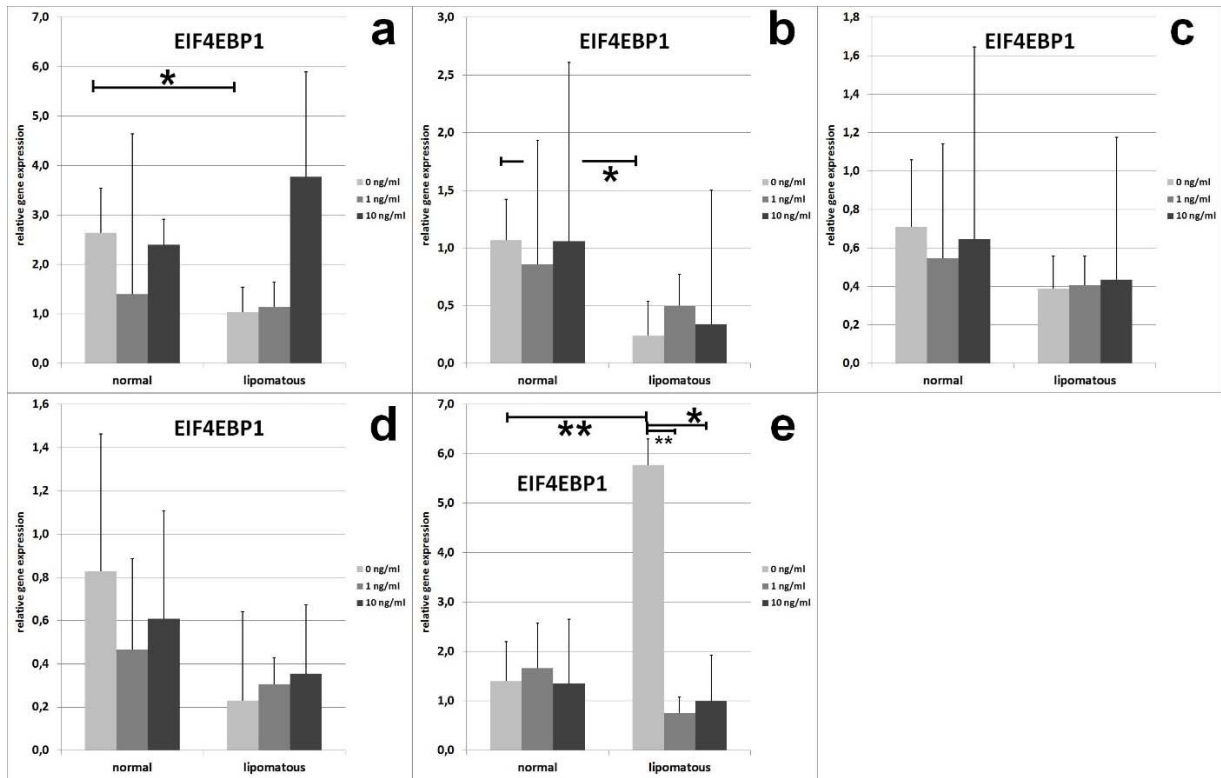
185  
 186 Figure 3: Relative gene expression of RPS6K1 in ASCs from normal and lipomatous tissue after treatment with 0  
 187 ng/ml, 1 ng/ml, and 10 ng/ml rapamycin, respectively. Cells were incubated for 7 days. Values are normalized to  
 188 undifferentiated ASCs from normal tissue. Results are shown as mean for every patient  $\pm$  SD. Significance is  
 189 indicated as follows: \*: p-value < 0.05; \*\*: p-value < 0.005; \*\*\*: p-value < 0.001.

190

191 **4. Discussion**

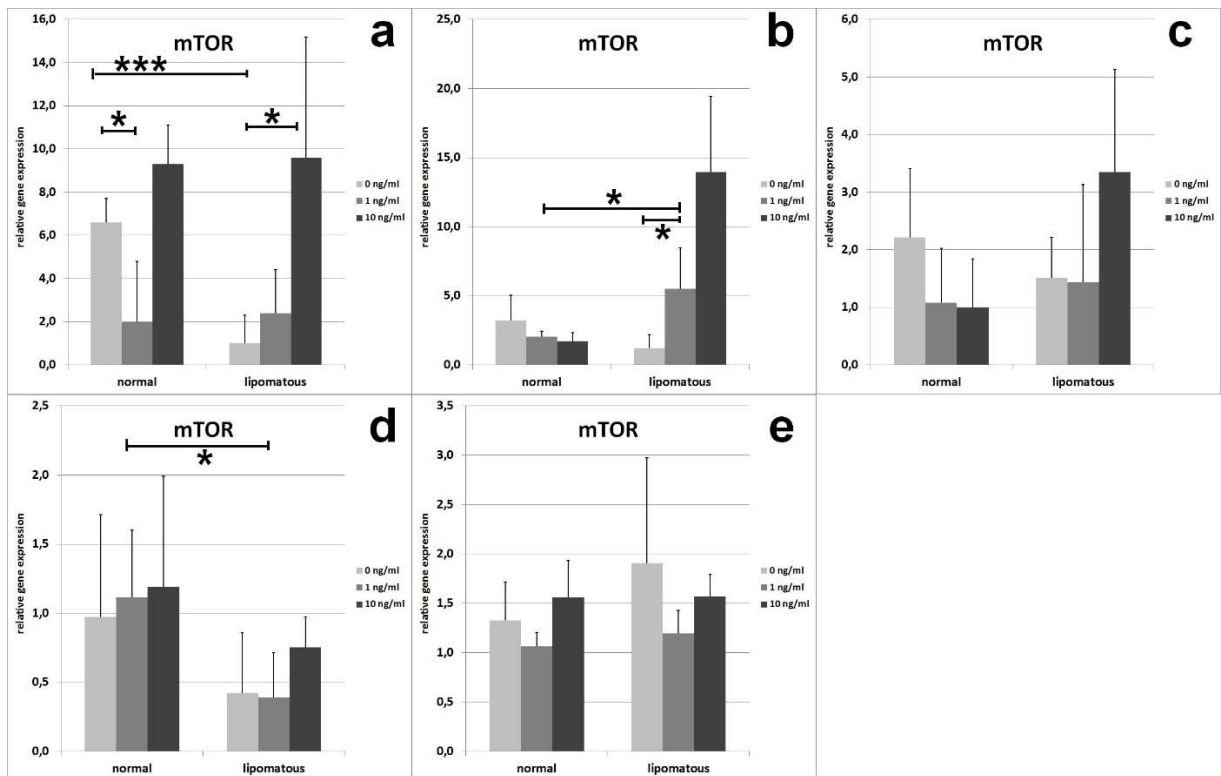
192 Surgical removal of lipomatous tissue via lipectomy or liposuction provides to date the only validated  
 193 therapeutic approach for patients suffering from MSL [16]. However, relapse after surgery is occurring  
 194 frequently [43, 44]. Although the term benign symmetrical lipomatosis implies a mere  
 195 aesthetic/cosmetic problem, the patients not only suffer from severe psychological strain but also from  
 196 accessory symptoms that can range from decreased quality of life (tracheal, laryngeal or mediastinal  
 197 compression, sleep apnea) to sudden cardiac death. Because of this, the justification of the term

198 benign in benign symmetrical lipomatosis has been doubted [14]. Therefore, a pharmaceutical therapy  
199 would be beneficial. In the recent past increasing evidence that BAT might be involved in the etiology  
200 of MSL has been reported. The mTOR pathway is associated with lipid homeostasis in general and in  
201 particular with the regulation of BAT. Additionally, we have found several genes associated with the  
202 mTOR pathway to be regulated differentially in ASCs from lipomatous tissue. Therefore, we have  
203 conducted a study to evaluate the influence of the mTOR pathway inhibiting compound rapamycin on  
204 ASCs isolated from unaffected and affected tissues from patients suffering from MSL. It was shown  
205 that ASCs from lipomatous tissue have a higher proliferation rate but an impaired differentiation  
206 capacity when compared with normal tissue ASCs. This is in accordance with the conclusion, that MSL  
207 is a hyper proliferative stem cells disorder [26]. After treatment with rapamycin, the cells from the two  
208 different tissue origins aligned their proliferation and differentiation behavior. Cell viability was much  
209 more impaired in ASCs from lipomatous tissue than in those from unaffected areas. As a result, both  
210 cell types had a similar viability (Figure 1). Differentiation on the other hand was impaired significantly  
211 in normal tissue ASCs but not in ASCs from lipomatous tissue, making both types becoming more alike  
212 (Figure 2). Interestingly, this might at least in part be due to the opposite regulation of mTOR pathway  
213 related genes in these ASCs. Real Time RT-PCRs have shown that in some patients, the two different  
214 cell types showed a contrary regulation of mTOR, EIF4EBP1, and RPS6K1 when treated with rapamycin.  
215 In some patients, after rapamycin incubation these genes are downregulated or not regulated in ASCs  
216 from normal tissue but upregulated in ASCs from lipomatous tissue (Figures 3-5).



217

218 Figure 4: Relative gene expression of EIF4EBP1 in ASCs from normal and lipomatous tissue after treatment with  
 219 0 ng/ml, 1 ng/ml, and 10 ng/ml rapamycin, respectively. Cells were incubated for 7 days. Values are normalized  
 220 to undifferentiated ASCs from normal tissue. Results are shown as mean for every patient  $\pm$  SD. Significance is  
 221 indicated as follows: \*: p-value < 0.05; \*\*: p-value < 0.005; \*\*\*: p-value < 0.001.



222

223 Figure 5: Relative gene expression of mTOR in ASCs from normal and lipomatous tissue after treatment with 0  
224 ng/ml, 1 ng/ml, and 10 ng/ml rapamycin, respectively. Cells were incubated for 7 days. Values are normalized to  
225 undifferentiated ASCs from normal tissue. Results are shown as mean for every patient  $\pm$  SD. Significance is  
226 indicated as follows: \*: p-value < 0.05; \*\*: p-value < 0.005; \*\*\*: p-value < 0.001.

227

228 However, this regulation was not observed in ASCs from all patients. On the other hand, nearly no  
229 accessory symptoms and causes that have been proposed for MSL can be applied to all patients. This  
230 has already been reported for alcohol abuse, neuropathies, and for mitochondrial genome mutations,  
231 which can be seen in many but not in all patients suffering from MSL [45, 46]. Although additional  
232 research is needed to address this question, we can present some evidence to support the hypothesis  
233 that mTOR is involved in the pathogenesis of MSL. First of all, mTOR plays a crucial role in lipid  
234 homeostasis and adipocyte maturing [47], which might be impaired in ASCs from affected tissues.  
235 Moreover, mTOR pathway is involved in BAT regulation, from which lipomatous tissue has been  
236 proposed to origin [16, 22, 25, 26]. Lbk1, a gene known to control BAT expansion and UCP-1 expression  
237 in mice, exerts its function partly via mTOR signaling pathway [48]. Deletion of mTOR induced white  
238 adipose tissue to adopt characteristics from BAT [49]. However, negative impacts of rapamycin on UCP-  
239 1 expression in BAT have been reported, too [50]. Associated with the mTOR pathway is Sestrin2, a  
240 regulator of thermogenesis in BAT [51]. Moreover, in a previous study we have seen that the proteins  
241 found regulated differentially in ASCs isolated from affected areas are overrepresented in the mTOR  
242 signaling pathway (IGF, PI3K, Akt). Interestingly, an association of MSL with the mTOR pathway related  
243 gene PTEN has been proposed earlier [52-54]. Another connection between mTOR pathway and MSL  
244 is insulin resistance, which is common in patients and can result from both overfeeding and a sustained  
245 active mTOR pathway [31-35]. Interestingly, both caloric restriction and rapamycin have a positive  
246 effect on murine lifespan [55, 56]. Whether the longer life expectancy of mice treated with rapamycin  
247 is comparable with the life-extending effects of dietary restriction is yet to be elucidated. However,  
248 humans cannot be compared with rodents regarding the positive effects on lifespan of caloric  
249 restriction [55, 57]. Rapamycin is already used for several indications. The drug is marketed under the

250 trade names Rapamune® (Pfizer) or Certican® (Novartis), respectively. Rapamycin, in a medical  
251 background often called sirolimus, is used as an immunosuppressant to prevent rejection after kidney,  
252 liver, or heart transplantation and is also used as a treatment for renal cell carcinoma [58-62].  
253 Additionally, Sirolimus is used for coronary stent coating [39]. Additionally to these indications, orphan  
254 designation was granted by the European Commission for sirolimus for the treatment of chronic non-  
255 infectious uveitis (EU/3/11/898, Santen Oy, Finland, 30 August 2011), for the prevention of  
256 arteriovenous access dysfunction in patients undergoing surgical creation of an arteriovenous access  
257 for hemodialysis (EU/3/13/1204, S-Cubed Limited, United Kingdom, 13 November 2013), for the  
258 treatment of tuberous sclerosis (EU/3/15/1557, Desitin Arzneimittel GmbH, Germany, 9 October  
259 2015), and for the treatment of beta-thalassaemia intermedia and major (EU/3/15/1585, Rare Partners  
260 srl Impresa Sociale, Italy, 14 December 2015). Here, we show a possible novel therapeutic approach  
261 for future therapies of patients suffering from MSL.

262

## 263 **5. Conclusion**

264 The mTOR pathway might be involved in the pathogenesis of MSL. Rapamycin could be an approach  
265 to a novel pharmaceutical therapy. As already reported for alcohol abuse and for mitochondrial  
266 genome mutations [45, 46], this is not necessarily true for all patients.

267

### 268 *5.1 Competing interests*

269 We declare that there are no competing interests.

270

### 271 *Acknowledgements*

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274 This paper is dedicated to the 70th birthday of Prof. Friedrich Jung.

275

276

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