

Changes in Neurotrophin Levels in Umbilical Cord Blood From Infants With Different Gestational Ages and Clinical Conditions

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ABSTRACT

Apoptotic neuronal loss may be responsible for altered brain development associated with prematurity and perinatal insults. Neurotrophins play crucial roles in protecting neurons from entering or progressing along an apoptotic pathway. The present study examined levels of neurotrophins in human umbilical cord blood from infants at different gestational ages and clinical conditions. We collected 60 samples of cord blood and categorized them accordingly into three gestational age groups: group A (24–28 wk), group B (29–35 wk), and group C (≥ 36 wk). Neurotrophin levels were determined by using brain-derived neurotrophic factor (BDNF) and neurotrophin 3 (NT3) ELISA. Clinical data were obtained by medical chart analysis. The BDNF levels were 884 ± 386 , 1421 ± 616 , and 2190 ± 356 pg/mL in group A, group B, and group C, respectively. Significant differences were found between groups A and B ($p = 0.038$), groups A and C ($p = 0.0001$), and groups B and C ($p = 0.001$). Infants with severe intraventricular hemorrhage had significantly lower cord blood BDNF levels (925 ± 513 pg/mL)

compared with their normal counterparts (1650 ± 674 pg/mL; $p = 0.021$). NT3 levels did not show significant change either across gestational ages or with the presence of intraventricular hemorrhage. Cord blood levels of BDNF may reflect the degree of neural maturity in premature infants. Interestingly, when a complete course of antenatal steroids was given, BDNF and NT3 cord blood levels were higher than when no steroid was given. Increased neurotrophins levels may also mediate improved neurodevelopmental outcome in infants who received antenatal steroids. (*Pediatr Res* 53: 965–969, 2003)

Abbreviations

BDNF, brain-derived neurotrophic factor
NT3, neurotrophin 3
IVH, intraventricular hemorrhage
PROM, premature rupture of membranes
SGA, small for gestational age
PIH, pregnancy-induced hypertension

There has been tremendous progress in technology for prenatal and neonatal care during the past decade. These improvements have increased the survival of extremely premature infants. Multiple factors play a role in neurodevelopmental outcome of these prematurely born infants. Pregnancy-induced hypertension (PIH), chorioamnionitis, premature rupture of membranes (PROM), and maternal smoking significantly alter intrauterine conditions that lead to small for gestational age (SGA) status, and also may alter the neurodevelopmental outcome of prematurely born infants (1–6). Mothers expected to have premature delivery are often given antenatal steroids to improve pulmonary maturity. These steroids have been shown to improve neurodevelopmental outcome (7). Increased sur-

vival of such prematurely born infants is still associated with some neurodevelopmental morbidities, ranging from behavioral disturbances (*e.g.* attention-deficit/hyperactivity disorder) to cerebral palsies of varying severity (8).

Infants born before 32 wk gestation have less cortical gray matter when measured at corrected term postconceptional age compared with full-term infants measured at birth (9). The mechanism of the altered development is predicted to be a process of apoptotic neuronal loss or damage. The actual volume of cortical gray matter of infants born between 29 and 35 wk gestation measured at birth shows a progressive increase with length of gestation up to 4-fold (10). This period is a critical phase of neurodevelopment and may be an important consideration for infants born prematurely. It is thus important to analyze the neurophysiologic milieu at this stage of development.

Neurotrophic factors play crucial roles in neuroprotection. Neurotrophins promote survival and can reduce apoptosis in many populations of neurons (11). Nerve growth factor, brain derived neurotrophic factor (BDNF), and neurotrophin 3 (NT3)

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are neurotrophins that act on tyrosine kinase (Trk) A, Trk B, and Trk C receptors, respectively. In addition to antiapoptotic activities, neurotrophins play important roles in axon growth during development (12), higher neuronal functions (13), morphologic differentiation, and neurotransmitter expression (14). Thus, neurotrophins may play important roles in antenatal and postnatal brain development. However, data regarding the presence and influence of neurotrophins in prematurely born infants are insufficient. The cerebrospinal fluid levels of BDNF were higher when measured in infants who had hypoxic ischemic insults compared with their normal counterparts (15). In addition, BDNF has been demonstrated to decrease tissue loss in brain when administered after hypoxic-ischemic injury in neonatal animals (16, 17). Circulating BDNF levels correlate with cortical BDNF levels in newborn rats (18). Nerve growth factor levels measured in umbilical cord blood were higher in samples from infants born at term compared with those obtained from preterm infants (19). There are no available data described about changes in trends of BDNF and NT3 levels with increasing gestational age or after birth in humans. Thus, questions remain concerning the presence and significance of neurotrophins during the perinatal period and especially in relation to factors that may cause neurologic insults in the developing brain. Proposed initial steps to address these questions involve analyzing neurotrophin levels in umbilical cord blood, which might represent their milieu during the intrauterine phase of brain development at various gestational ages. Because the blood-brain barrier at this stage is still immature, these blood levels may also represent neurotrophin concentrations in the CNS (20). This study was designed to measure BDNF levels and NT3 levels at different gestational ages in human umbilical cord blood to investigate the hypothesis that neurotrophin levels differ at different gestational ages. In addition, we looked at differences in neurotrophin levels in the presence and absence of factors that may affect intrauterine conditions and thus neurodevelopmental outcome.

METHODS

Samples and neurotrophin ELISA. This study was reviewed and approved by the Medical Institutional Review Board, University of Kentucky, Lexington (Protocol 01-351-P2R). The samples were divided into three groups according to gestational ages. Umbilical cord blood specimens were collected from group A (24–28 wk; $n = 11$), group B (29–35 wk; $n = 33$), and group C (≥ 36 wk; $n = 16$). The subjects were consecutively born infants at University of Kentucky, Lexington, which cares for approximately 2000 deliveries a year and is equipped with a level 3 neonatal intensive care unit. The sample collection was done using complete aseptic precautions. A wide bore needle was inserted into an umbilical vessel, and approximately 5 to 10 mL of blood was drawn into a sterile syringe. This blood then was transported to the blood bank, where it was centrifuged to separate the serum. The specimens were stored at -80°C . BDNF and NT3 levels were determined by using ELISA kits from R & D Systems in triplicate. Appropriate controls were used to eliminate errors caused by background (21). One control was without biotinylated sec-

ondary antibody. This control accounts for the endogenous peroxidase activity of plasma and Hb (in hemolyzed specimens). A second control was without the antigen and accounts for the possibility of contamination of either primary or secondary antibody with BDNF. We analyzed 50 samples for BDNF levels and 30 samples for NT3 levels. We also had 20 samples with both BDNF and NT3 levels.

Clinical data. Clinical data, including birth weight, sex, head circumference, and gestational age at birth, were recorded. Antenatal history regarding chorioamnionitis, prolonged PROM, PIH, SGA status, antenatal steroids, and maternal smoking was obtained. Postnatal head ultrasound results were also obtained. Grading of intraventricular hemorrhage (IVH) was done using Papile's classification (22). Infants with IVH grades 1 and 2 were classified as having mild head bleeds, and those with grades 3 and 4 IVH were classified as having moderate to severe bleeds. Clinical chorioamnionitis was defined according to the criteria proposed by Gibbs *et al.* (23). The diagnosis required a temperature elevation to 37.8°C and two or more of the following criteria: uterine tenderness, malodorous vaginal discharge, maternal tachycardia, fetal tachycardia, and leukocytosis. Leukocytosis was defined as a white blood cell count $>15,000/\text{mm}^3$ (24). The SGA status was defined as birth weights <10 centiles (25). The gestational age was derived by antenatal ultrasound when done between 13 and 24 wk using Campbell dating standard (26), crown-rump length, or the femur length (27, 28). The Ballard score (29, 30) was used when ultrasound estimation was not available (31).

Statistical analysis. Statistical analysis was done using SPSS statistical package. One-way ANOVA followed by Scheffe post hoc analysis and *t* test was used to determine differences among the groups. Fischer exact test was also used to compare occurrences of clinical parameters within different groups. Pearson correlation was used to determine the relationships between BDNF and NT3 levels.

RESULTS

Subject description. The differences among groups A (24–28 wk), B (29–35 wk), and C (≥ 36 wk) were statistically significant for birth weight and head circumferences for the subject population (Table 1). Distribution of boys and girls was not significantly different among the gestational age groups. The differences among the occurrences of chorioamnionitis, PIH, or SGA were not statistically significant in different gestational age groups. Occurrence of PROM was significantly higher in group B, whereas occurrence of smoking was significantly higher in group A.

Neurotrophin levels at different gestational ages. The differences between BDNF levels when compared across gestational age groups demonstrated a significant increase with increased age (group A, 884 ± 386 pg/mL; group B, 1421 ± 616 pg/mL; group C 2190 ± 357 pg/mL); these data were statistically significant ($p = 0.0001$) using one-way ANOVA (Fig. 1). The BDNF level differences between groups A and B ($p = 0.038$), groups B and C ($p = 0.001$), and groups A and C ($p = 0.0001$) were also statistically significant using Scheffe post hoc analysis. In contrast, NT3 levels in group A ($238 \pm$

Table 1. Subject description (n = 60)

Parameters	Group A	Group B	Group C	P value
n	11	33	16	
Birth weight (g)	816.36 ± 80	1611.34 ± 70	3241.42 ± 255	0.0001
Head circumference (cm)	23.34 ± 0.58	28.86 ± 0.34	35.42 ± 1.7	0.0001
Girls	6	13	8	
Boys	4	22	7	0.448
PROM	3	12	0	0.011
Chorioamnionitis	2	2	0	0.204
PIH	2	11	3	0.489
SGA	3	8	1	0.277
Smoking	6	6	0	0.002

BDNF Levels at Different Gestational Age Groups

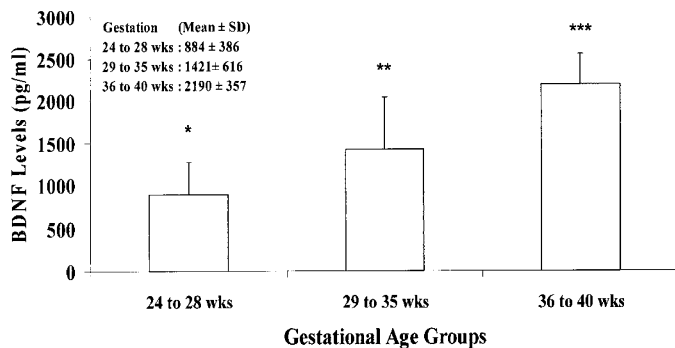


Figure 1. Differences between groups A and B (* $p = 0.038$), groups B and C (** $p = 0.001$), and groups A and C (***) are statistically significant.

84.5 pg/mL), group B (281 ± 130 pg/mL), and group C (211 ± 131 pg/mL) did not differ across gestational age groups. NT3 levels also did not correlate with BDNF levels across gestational ages by Pearson correlation test ($p = 0.723$). BDNF levels seem to increase with increasing gestational ages, whereas NT3 levels remain unchanged.

Neurotrophin levels and clinical variables. We compared BDNF and NT3 levels in the presence and absence of all clinical variables. BDNF levels were higher in girls ($n = 21$; 1605 ± 650 pg/mL) than in boys ($n = 29$; 1439 ± 701 pg/mL) but did not reach statistical significance. NT3 levels were also higher in girls ($n = 16$; 271 ± 113 pg/mL) than in boys ($n = 14$; 246 ± 115 pg/mL) but again without statistical significance. Similar trends, without statistical significance, were observed when neurotrophin levels of boys and girls were compared within gestational groups. BDNF levels in the presence of chorioamnionitis (651 ± 401 pg/mL) were lower as compared with those without chorioamnionitis (1349 ± 598 pg/mL) and trended toward statistical significance ($p = 0.056$). The presence of PROM, PIH, SGA, or maternal smoking did not seem to alter either BDNF or NT3 levels significantly.

Neurotrophins and antenatal steroids. Sixteen (49%) subjects in group B had received a complete course of antenatal steroids, whereas only 2 (18%) subjects in group A and none in group C had received a complete course of antenatal steroids ($p = 0.0001$). Only mothers who had been pregnant <32 wk were given antenatal steroids. Thus, neurotrophin levels from infants with <32 wk gestation were considered for further analysis ($n = 30$). BDNF levels were significantly higher ($p = 0.029$) in

samples from subjects who received a complete course of antenatal steroids (1527 ± 591 pg/mL) compared with those who received only one dose of steroids (1072 ± 448 pg/mL) and those with no antenatal steroids (821 ± 510 pg/mL; Fig. 2A). NT3 levels also were higher in subjects who received antenatal steroids (311 ± 133 pg/mL) compared with those who received one dose (260 ± 48 pg/mL) and those with no antenatal steroids (214 ± 90 pg/mL). This difference did not reach statistical significance but showed a definite trend toward significance ($p = 0.055$) by one-way ANOVA (Fig. 2B).

Neurotrophins and IVH. Significantly lower levels of BDNF were observed ($p = 0.021$) in cord blood specimens of subjects who subsequently had moderate to severe IVH (925 ± 513 pg/mL) compared with those who subsequently had mild IVH (1470 ± 550 pg/mL) or a normal head ultrasound (1650 ± 674 pg/mL; Fig. 3). We further analyzed gestational groups A and B. In group A (24–28 wk), cord blood BDNF levels

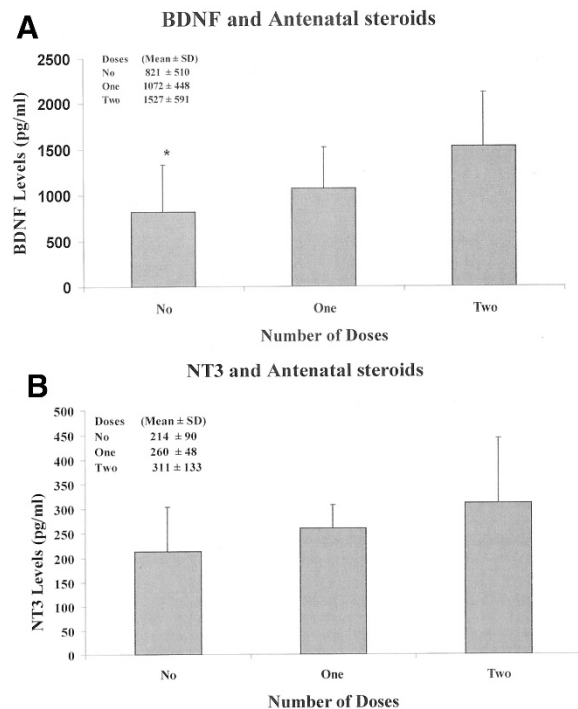


Figure 2. A, BDNF levels were higher in cord blood of infants when a complete course of antenatal steroids was given compared with those who received none (* $p = 0.029$). B, Similarly, NT3 levels were higher in cord blood with a complete course of antenatal steroids although statistically not significant ($p = 0.055$).

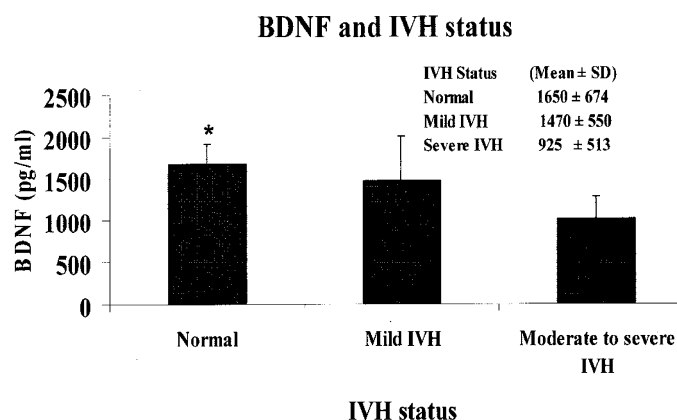


Figure 3. BDNF levels were lower in cord blood of infants who subsequently had moderate to severe IVH compared with those who had normal head ultrasound scans (* $p = 0.021$).

were lower from infants who subsequently had severe IVH (791 ± 243 pg/mL) compared with those from infants who had a normal postnatal head ultrasound scan (952 ± 562 pg/mL). In group B (29–35 wk), cord blood BDNF levels were also lower from infants who subsequently had severe IVH (1249 ± 233 pg/mL) compared with those from infants who later had a normal head ultrasound scan (1497 ± 660 pg/mL). Neither of these comparisons reached statistical significance. NT3 levels were higher in samples from infants who subsequently had normal head ultrasound scans (291 ± 126 pg/mL) compared with mild IVH (270 ± 24 pg/mL) and severe IVH (238 ± 89 pg/mL). The one-way ANOVA did not show statistically significant differences between the groups ($p = 0.793$).

DISCUSSION

Neurotrophins are one group of factors responsible for neuroprotection. Multiple studies have demonstrated various roles for neurotrophins in the prevention of neuronal apoptosis and various neuronal functions in animal models and adult humans (32–34). In addition, neurotrophin levels have been quantified in infants born with hypoxic-ischemic encephalopathy (15) and in those with mental retardation and autism (35). Those studies demonstrated a rise in BDNF levels associated with both clinical situations. However, the presence and significance of BDNF and NT3 levels across the most important phase of neurodevelopment, *i.e.* during intrauterine life in humans, have not been studied previously.

It is interesting to note that BDNF levels increase with increasing gestational ages. Although BDNF and NT3 knockout animal models have demonstrated deficiencies mainly of the peripheral nervous system, their role in CNS development is only recently being elucidated using double knockout and overexpression experiments (36–38). BDNF has been shown to be responsible for developmental maturity of cortex and synaptic plasticity leading to refinement of connections (39). Increased expression of BDNF within the cortex has also been correlated to decreases in reelin expression (40). Reelin is an extracellular matrix molecule important in early cortical organization and development of the “inside-out” layering pattern. Decreased levels of reelin coincide with developmental matu-

ry and the elicitation of synaptogenesis (41). Because Volpe *et al.* established that human cortical gray matter increases by 4-fold between 29 and 35 wk gestation with increasing synaptic maturity, the increasing BDNF levels through this gestational age group may signify the role played by BDNF during this phase of human brain development (9).

NT3 is also an important neurotrophin for a developing brain (42). NT3 and BDNF have similar functions related to neuronal survival. In fact, they tend to complement each other in their actions (43). However, some of the functions are distinct to each molecule (44, 45). Despite all of these important functions, NT3 levels seem to remain unaltered, in our data, across the gestational age groups studied. This may be explained by the fact that neuronal responsiveness to the different neurotrophins changes with developmental changes, and, thus, compensatory changes in neurotrophin expression may be required for proper balance of their actions (46, 47). NT3 is important for multiplication of neuronal progenitors (32). Thus, NT3 levels may have been higher in an earlier gestational period, when progenitor multiplication is at its peak.

Prematurely born infants had better survival and neurologic outcome when antenatal steroids were given (7). Higher levels of both neurotrophins were observed when mothers were given a complete course of antenatal steroids. One possibility is that the improved developmental outcome may be mediated through increased availability of neurotrophins to these premature brains. Alternatively, it is also possible that improved neuronal maturity after antenatal steroids may induce increased neurotrophin secretion and further improvement in neurodevelopmental outcome. Thus, it may be interesting to study the presence and significance of these neurotrophins in premature infants postnatally.

Infants who had moderate to severe IVH on postnatal head ultrasound scans had lower BDNF levels compared with those who had normal head ultrasounds. Similarly, although there was no statistical significance, NT3 levels tended to be lower in subjects who subsequently developed severe IVH. These head ultrasound results were obtained postnatally between the third and seventh days of life. There may be various postnatal factors that could cause IVH between the birth and actual head ultrasound. Thus, we interpret these results cautiously. However, we suggest that lower BDNF and NT3 levels might reflect a more immature brain, which thus is more susceptible to moderate to severe bleeds.

Studying neurotrophins in relation to clinical variables mainly show nonsignificant differences across the variables. Female sex is associated with improved neurodevelopmental outcome among premature infants. Both neurotrophins are higher in girls compared with boys, although without statistical significance. BDNF levels are lower in the presence of maternal chorioamnionitis associated with increased incidence of cerebral palsy, again without statistical difference. Detailed studies are, however, warranted to investigate further the changes in neurotrophin levels across these clinical parameters.

NT3 levels did not change with gestational age like BDNF levels. However, NT3 levels show a trend similar to BDNF levels, both in infants who had subsequent IVH and in infants who received antenatal steroids. If studied further, these find-

ings may prove useful for future assessment of neuronal maturity and/or neurodevelopmental outcome.

CONCLUSION

In conclusion, BDNF levels increase with increasing gestational ages in human umbilical cord blood. Higher neurotrophin levels were associated with a complete course of antenatal steroids. BDNF and NT3 levels were lower in infants with subsequent moderate to severe IVH. It would be interesting to evaluate postnatal neurotrophin levels from premature infants. It may also be interesting to look at the significance of these levels in relation to various insults that would alter final neurodevelopmental outcome.

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