
CHAPTER 8

Maturation of primordial follicles – the next step

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INTRODUCTION

The survival rates of patients after treatment against malignant disease have dramatically increased during the last few decades, primarily due to therapeutic improvements¹. One of the possible side-effects of such treatments, however, is the loss of fertility, which can seriously affect the adult lives of survivors. Options for fertility preservation for men through cryopreservation and storage of sperm have been routinely available since the 1970s and are now considered an essential part of any comprehensive cancer care program². The possibilities for women, however, have traditionally been more limited.

The gonadotoxic effect of chemotherapy and radiotherapy is well established; it is dose dependent and varies according to regimens used. A reduction in follicle numbers is seen³ and the course of ovarian dysfunction is consistent with the destruction of a fixed number of follicles⁴. Temporary or permanent cessation of menstruation may follow therapy and a greatly elevated rate of premature menopause is found in women receiving treatment against malignancy⁵. Survivors of cancer in childhood have been shown to have a diminished ovarian reserve in spite of regular menstrual cycles and may have a shortened reproductive life span and early meno-

pause⁶. Radiotherapy causes destruction of the oocytes and reduction of the follicular reserve. Total body irradiation and high dose chemotherapy, for example before bone marrow transplantation, can be expected to destroy almost all of the oocytes in the ovaries of a female patient^{7,8}.

Strategies for preservation of fertility for women include cryopreservation of embryos, mature or immature oocytes, or follicles in ovarian cortical tissue. The first two options are not always possible, especially for young women and girls, since in-vitro fertilization (IVF) treatment is a prerequisite to obtain mature oocytes. The number of oocytes obtained at oocyte retrieval is limited at any age. Immature follicles are the largest proportion of the ovarian reserve and fertility preservation through cryopreservation of ovarian cortical biopsies is now offered in many of the larger university hospitals. This is a practical way for storing the large number of oocytes present in immature ovarian follicles. Patients with predicted premature menopause or Turner's syndrome may also benefit from these methods⁹.

Good survival of human ovarian follicles in biopsied ovarian cortical tissue has been shown after cryopreservation and thawing using histologic evaluation, transmission electron microscopy, fluorescent viability markers, organ culture, and xenotransplantation to immunodeficient

mice^{10–16}. Live born individuals after cryopreservation and thawing of ovarian tissue followed by autotransplantation were first observed in experimental animals. This procedure has been successful in mice^{17–21}, sheep^{22,23}, and various other animals^{24–27}.

Developmental potential of the follicles and oocytes in thawed tissue has also been shown in humans by autotransplantation of thawed ovarian tissue. Evidence of follicular function following the procedure includes follicular development induced by follicle-stimulating hormone (FSH) stimulation, estradiol production, and ovulation²⁸. Follicular and endometrial development have been observed²⁹ and hormonal analysis has shown a temporary decrease in FSH levels and estradiol production³⁰. Oocyte collection and attempted IVF have also been reported after such a procedure³¹.

Recently, two reports, one of a live born child and another of an ongoing pregnancy in human using this procedure, have been published^{32,33}, confirming the clinical motivation for cryopreservation of ovarian tissue. In survivors of cancer treatment there is a potential danger of re-introducing the original disease to the patient when autografting thawed tissue since malignant cells may reside in the tissue³⁴. This depends on the type of cancer the patient had. This possible risk of re-transmission of cancer through autotransplantation of thawed tissue may be greatest in those patients who need fertility preservation most, for example patients with blood borne diseases such as leukemia. For these patients, culture from primordial to antral stages followed by oocyte maturation in vitro is probably the only safe alternative to obtain fertilizable oocytes.

FOLLICLE DEVELOPMENT

Ovarian follicles are formed as closed compartments consisting of an oocyte surrounded by a single layer of granulosa cells enclosed by a basal membrane. As follicles grow, the oocyte

increases in size and the granulosa cells multiply in numbers. Formation of an antral cavity precedes ovulation and final oocyte maturation.

Culture of follicles in ovarian cortical tissue is a complex procedure. The whole process of in-vitro growth and maturation from the primordial stage has, until now, only been successful with live born pups in the mouse^{35,36}. Using later stage follicles, also from mice, developmentally competent mature oocytes and live born young have been obtained^{37–39}. In the human, the time for follicle growth from initiation until ovulation is a much longer process than in rodents. It has been estimated to take up to 200 days⁴⁰, although this may be an overestimation.

The early stages of follicle growth depend on a multitude of factors, including FSH for which human primary follicles already have receptors⁴¹. FSH acts as a survival factor and promotes the growth of the early follicles in vitro⁴². A number of growth factors which influence follicle growth and development have also been identified in recent years. Among these are the members of the TGF- β superfamily of growth factors, shown to be important at these early stages⁴³. Of these, anti-Müllerian hormone (AMH, also known as Müllerian inhibiting substance or MIS) inhibits the initiation of growth of the primordial follicles both in human⁴⁴ and rat⁴⁵, although in 4-week cultures it has also been reported to promote the growth of the follicles⁴⁶. Activins, inhibins, growth differentiation factor 9 (GDF-9), GDF-9B, and the bone morphogenetic proteins or BMPs have functions in follicle development have functions in various species, including humans^{46–48}. Other factors, such as kit ligand and stem cell factor, have also been shown to affect early follicle growth in the human^{49,50}.

During growth the follicles migrate into the medullar region of the ovary. Gonadotropins, especially FSH, are of primary importance for follicular growth and they sustain follicular steroidogenesis. According to the 'two-cell, two-gonadotropins' theory, theca interstitial cells are stimulated by LH to produce aromatizable

androgens that are transported to the granulosa cells where they are converted to estrogens by aromatizing enzymes which are induced by FSH⁵¹. When the follicles have reached a size of 2 mm, they become more dependent on FSH for growth and the steroid production increases. When the middle part of the menstrual cycle approaches, there is a dramatic increase in estrogen, followed by an LH and to a lesser extent an FSH surge. This triggers the dominant follicle to ovulate⁵². After ovulation, the follicle reorganizes to become the corpus luteum, responsible for progesterone production and early maintenance of pregnancy.

COLLECTION OF OVARIAN TISSUE

Human ovarian tissue for research purposes is difficult to obtain. Ovarian biopsies may be collected during laparoscopic surgery, such as sterilizations or other gynecological operations. We have also obtained small ovarian biopsies (2 × 2 × 5 mm) during cesarean sections with good results⁵³. For cryostorage of primordial follicles, a biopsy specimen from one ovary, one-fifth of the ovary or less, contains large numbers of follicles, especially in younger patients with good ovarian reserve.

To minimize apoptosis in the tissue, the biopsy is collected in warm Hepes-buffered culture medium, transported immediately to the laboratory, and processed for culture without delay. Whether the biopsy should be kept on ice until processing, or kept at physiologic temperature, has been the subject of some research^{54,55}. When preparation is performed after any length of time, a cold collection medium may be recommended⁵⁶.

CULTURE OF OVARIAN CORTICAL TISSUE

The high density of the stroma in human ovarian cortical tissue has contributed to the delay in

developing a successful system for isolating follicles. Enzymatic isolation of preantral follicles has been successful using human ovarian cortical tissue, where culture was performed for up to 5 days. In these follicles FSH was seen to induce follicular DNA synthesis, antrum formation in larger follicles, and estradiol production⁵⁷. Culture of isolated human primordial follicles for over 24 h, however, has not been successful⁵⁸. In a comparative study of isolated and non-isolated follicles, significantly better survival was seen for follicles cultured within tissue slices than among partially isolated follicles⁵⁹.

In organ culture, extracellular matrix has been shown to be beneficial for the survival of the follicles¹⁴. An immediate activation of growth of the primordial follicles has been observed, with a majority of the follicles leaving the latent primordial stage after one week of culture⁵⁹. Using this culture system, follicle growth up to the secondary stage regularly occurs, and antral follicles are occasionally observed^{14,59}. Also follicles in frozen-thawed ovarian tissue grow in such cultures¹⁴. It is important to use carefully tested freezing protocols^{60,61}. In our studies, the optimal size of the pieces in culture was 1–2 mm³. Cubes of tissue were better than thin slices 1 × 1 × 4 mm due to the increased surface area for nutrient and waste exchange⁶².

Several factors have been identified that are important for growth of the follicles in vitro. FSH was seen to reduce atresia and to increase the mean diameter of healthy follicles in organ culture. HSA supplemented with insulin/transferin/selenium mix was also beneficial compared with serum⁴². Insulin and insulin-like growth factors I (IGF-I) and IGF-II have also been seen to improve survival of follicles and to increase the proportion of primary follicles after 2 weeks of culture⁶³. GDF-9 significantly promoted the growth and survival of follicles in culture⁵³. Due to progressive atresia of the follicles during long-term culture, we have investigated whether apoptosis can be prevented by adding 8-bromocyclic adenosine monophosphate (AMP) or

guanosine monophosphate (GMP)^{64,65}. On the basis of these studies we now regularly add cGMP as an apoptosis inhibitor to the culture medium⁶⁴. Table 8.1 shows the hormones and growth factors that we have studied in this culture model and their effects, while other media constituents are shown in Table 8.2. In Figure 8.1a, a primordial follicle before culture is shown, while Figure 8.1b shows a primary follicle after 1 week of culture. After 2 weeks in culture (Figure 8.1c) and 4 weeks in culture (Figure 8.1d) the follicles are mostly secondary.

We are now using a culture medium which is composed of α -minimal essential medium, with added human serum albumin (5 mg/ml), 1% ITS (insulin, transferrin, selenium mixture for culture supplements), FSH (0.5 IU/ml), GDF-9 (various concentrations have been tested), cGMP (1.1 mg/ml), and antibiotic/antimycotic solution. We have been successful in culturing viable follicles for up to 6 weeks, at which stage the majority of the follicles are at secondary stage (Carlsson et al., unpublished). As we proceed with our work, we are testing new compo-

Table 8.1 Hormones and growth factors which our group has studied using ovarian cortical tissue organ culture of slices/cubes in extracellular matrix and the effect(s) observed

<i>Supplement</i>	<i>Dose(s)</i>	<i>Length of culture</i>	<i>Results</i>	<i>Reference</i>
rrGDF-9	200 ng/ml	14 days	<ul style="list-style-type: none"> • Increase in follicle activation and development • Decrease in atresia 	Hreinsson et al., 2002 ⁵³
8-br-cGMP	5 mM	14 days	<ul style="list-style-type: none"> • Increase in secondary follicles • Increase in E₂ • Decrease in atresia 	Scott et al., 2004 ⁶⁴
8-br-cAMP	0.5 mM	21 days	<ul style="list-style-type: none"> • Increase in secondary follicles • Decrease in atresia 	Zhang et al., 2004 ⁶⁵
rhSCF	1, 10, 100 ng/ml	14 days	<ul style="list-style-type: none"> • No effect on follicle growth 	Carlsson et al., 2005 ⁵⁰
monoclonal anti-c-kit antibody	800 ng/ml	7–14 days	<ul style="list-style-type: none"> • Rapid atresia of primordial oocytes 	Carlsson et al., 2005 ⁵⁰
rrAMH	10, 30, 100, 300 ng/ml	7 days	<ul style="list-style-type: none"> • Decrease in follicle activation • Decrease in atresia (at 100 ng/ml) 	Carlsson et al., 2005 ⁴⁴

Table 8.2 Media supplements and concentrations

<i>Supplement</i>	<i>Dose</i>	<i>Effect</i>
α -Minimal essential medium	N/A	<ul style="list-style-type: none"> • Serum free base
Human serum albumin	5 mg/ml	<ul style="list-style-type: none"> • Protein component
Insulin/transferrin/selenium	1%	<ul style="list-style-type: none"> • Growth supplements
Antibiotic/antimycotic	1%	<ul style="list-style-type: none"> • Contamination preventative
rhFSH	0.5 IU/ml	<ul style="list-style-type: none"> • Growth and maturation promoter

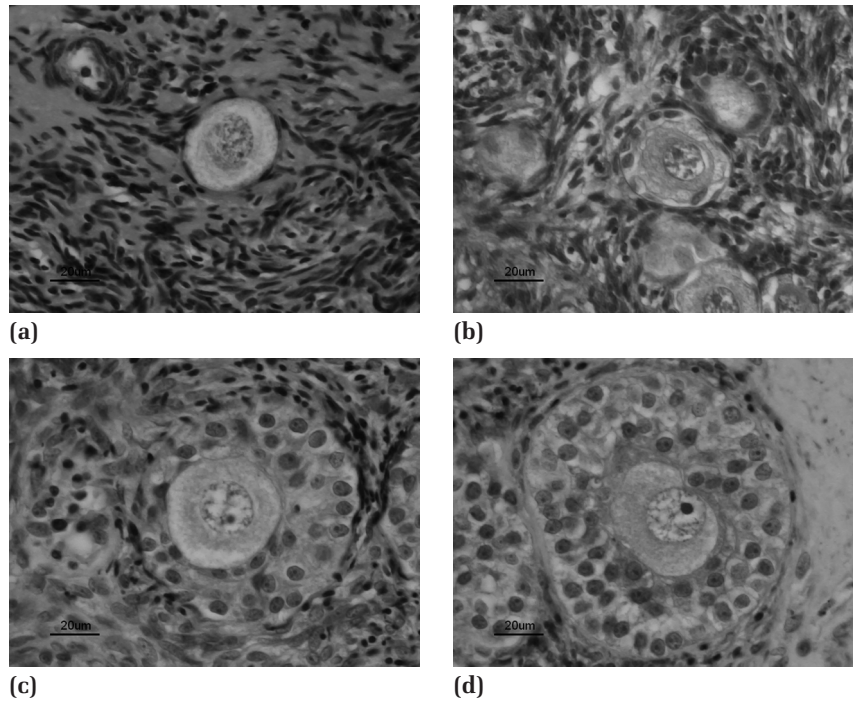


Figure 8.1 (a) Primordial follicle before culture; (b) primary follicle after 1 week of culture with GDF-9 at 200 ng/ml; (c) secondary follicle after 2 weeks of culture with GDF-9 at 200 ng/ml; (d) secondary follicle after 4 weeks of culture with GDF-9 at 200 ng/ml

sitions of the medium to improve antral follicle development. Antral follicles are a prerequisite for obtaining and removing the cumulus–oocyte complex for final maturation of the oocyte *in vitro*. The maturation of human primordial oocytes to metaphase II fertilizable oocytes is a long and complicated process, and much research is required before a reliable clinical procedure can be realized.

GOAL OF THESE TECHNIQUES – CURRENT PERSPECTIVES

The possibility of obtaining mature oocytes through *in-vitro* culture of follicles in ovarian tissue would benefit several patient groups.

Women and girls having ovarian tissue cryopreserved to preserve their fertility prior to potentially sterilizing cancer treatment will need this technique to obtain fertilizable oocytes from the thawed tissue. Many of these survivors of cancer have been cured of blood borne malignancies precluding re-transplantation of the tissue for *in-vivo* development. Current techniques for re-transplantation of thawed ovarian tissue for other patients needing fertility preservation are not yet optimal. This includes patients with rheumatic diseases, premature menopause, Turner’s syndrome, and localized malignancies. *In-vitro* culture allows closer observation of the follicles and potentially a better yield of oocytes from small follicles. With better understanding of follicle growth and oocyte maturation, these

methods could also benefit women with certain gene defects, such as an inactivating mutation in the FSH receptor⁶⁶.

There is a great need to focus research on developing these techniques for human ovarian tissue due to a rapid accumulation of patients waiting to utilize cryopreserved ovarian cortical tissue. This follicle culture method offers us an excellent model for understanding the physiology of the oocyte, follicle recruitment, and development. The role of growth factors can also be critically examined using this method. If successful, this technique might also be beneficial for stem cell research as a source of oocytes for nuclear transfer. The ability to obtain large numbers of oocytes from ovarian tissue biopsies is a prerequisite for somatic cell nuclear transfer and stem cell derivation.

SUMMARY

Ovarian cortical tissue contains the vast majority of all oocytes. Culture of human ovarian cortical tissue to obtain mature fertilizable oocytes would be beneficial for young girls and women who have cryopreserved ovarian tissue and can be predicted to lose their oocytes due to chemotherapy, radiotherapy, or genetic causes. Further, it would be particularly important for women at risk of relapse of the malignancy after transplantation of frozen-thawed tissue, not to mention women with hematologic and ovarian malignancies. In the mouse, live offspring have been born after culture from primordial ovarian follicles, but in humans the process of follicular maturation is much longer and has not yet resulted in offspring. It has been shown that isolated human primordial follicles do not grow in culture. Within pieces of fresh and frozen-thawed human ovarian cortical tissue on extracellular matrix, follicles can be grown for many weeks. They regularly reach the secondary stage and occasionally the antral stage.

Several hormones have been shown to promote survival and growth of early follicles in vitro. We are currently adding FSH, insulin, GDF-9, and cGMP. Regular development to the antral follicle stage would be needed for cumulus-enclosed oocytes to be removed from the follicle for further in-vitro maturation (IVM) of the oocytes. The culture system has to be further developed before oocytes from primordial follicles can be used clinically.

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