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Overview of Aldosterone-related Genetic Syndromes and Recent Advances

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Abstract

Purpose of review: Primary aldosteronism is the most common form of secondary hypertension. Early diagnosis and treatment are key to cure of hypertension and prevention of cardiovascular complications. Recent genetic discoveries have improved our understanding on the pathophysiology of aldosterone production and triggered the development of new diagnostic procedures and targeted treatments for PA.

Recent findings: Different inherited genetic abnormalities distinguish specific forms of familial hyperaldosteronism. Somatic mutations are found not only in aldosterone producing adenoma leading to primary aldosteronism, but also in aldosterone producing cell clusters of normal and micronodules from image-negative adrenal glands. Genetic knowledge has allowed the discovery of surrogate biomarkers and specific pharmacological inhibitors. Aging appears to be associated with dysregulated and relatively autonomous aldosterone production.

Summary: New biochemical markers and pharmacological approaches may allow pre-operative identification of somatic mutation carriers and use of targeted treatments.

Keywords: hypertension, adrenal, primary aldosteronism; ion channels; calcium

Introduction

1

2 Aldosterone-related genetic syndromes encompass diseases related to abnormal aldosterone production or abnormal aldosterone effects in target organs. Given the important role of 3 aldosterone in regulating sodium and potassium balance and blood pressure in the kidney, 4 their main clinical manifestations are arterial hypertension or salt wasting and dehydration. 5 6 Different diseases affect aldosterone production in the adrenal cortex. There exist several 7 Mendelian forms of hyperaldosteronism, termed familial hyperaldosteronism (FH) type I to IV, which share most of the phenotype but show some peculiarities. They are due to gain of 8 function mutations in ion channels and pumps, leading to increased and autonomous 9 10 aldosterone production. Somatic mutations in the same genes leading to FH have been 11 identified in aldosterone producing adenoma (APA) leading to primary aldosteronism (PA). Increased aldosterone production can also be due to monogenic forms of adrenal insufficiency 12 13 affecting cortisol production, while loss-of-function mutations in CYP11B2, coding for aldosterone synthase, lead to aldosterone deficiency, also called corticosterone methyloxidase 14 15 deficiency; those syndromes will be treated elsewhere in this section. On the other hand, 16 different monogenic disorders affect aldosterone action in target tissues. They include a rare disease of aldosterone resistance in peripheral tissues named pseudohypoaldosteronism type 1 17 18 as well as excessive mineralocorticoid action due to different mechanisms either directly or indirectly related to aldosterone. In this review we will focus on primary aldosteronism as 19 genetic disease strictu sensu related to aldosterone biosynthesis in the adrenal gland and then 20 describe some emerging concepts related to pathophysiological aldosterone production. 21

22 (Figure 1)

23

24 The genetics of primary aldosteronism

PA is the most frequent form of secondary arterial hypertension. It is due to aldosterone 25 26 production from the adrenal cortex relatively autonomous from the renin-angiotensin system, due in most cases to APA or bilateral adrenal hyperplasia. Its prevalence is estimated to be 27 around 4% of all hypertensive patients seen in primary care (1), data recently confirmed in a 28 large prospective study (2), and 10% in patients referred to tertiary care centers (1). Starting 29 from 2011, important progress has been made in our understanding of the genetic mechanisms 30 31 involved in PA. Currently, four Mendelian forms of PA, transmitted as autosomal dominant traits, have been identified (these are reviewed in detail in (3, 4)). FH-I, also known as 32 glucocorticoid remediable aldosteronism (5), is due to the formation of a chimeric gene 33 34 between the highly homologous genes CYP11B1, coding for 11b-hydroxylase, and CYP11B2, coding for aldosterone synthase (6), leading to ACTH-dependent aldosterone production. 35 Mutations in KCNJ5 have been identified in patients with FH-III, a severe form of familial 36 37 hyperaldosteronism associated to massive bilateral hyperplasia (7), but in some cases presenting as a mild form of the disease without adrenal abnormalities (3). Germline 38 heterozygous mutations in CACNA1D (encoding the L-type calcium channel Cav1.3 subunit 39 alpha-1D) have been identified in patients with PA, seizures and neurological abnormalities, a 40 rare disease called PASNA (8). Finally, mutations in CACNA1H (encoding the pore-forming 41 42 α 1 subunit of the T-type voltage-dependent calcium channel Cav3.2) have recently been reported as a cause of a new form of inherited PA, called FH-IV, associated in some cases 43 with developmental disorder (9, 10). In addition, germline mutations in the same gene have 44 45 been associated with mild forms of PA in patients diagnosed as FH-II (10). FH-II is indistinguishable from apparently non-familial PA and only diagnosed on the basis of two or 46 more affected individuals in the same family (11). Despite linkage to 7p22 in one family (12), 47 no causative locus has been identified so far. Given that germline KCNJ5 and CACNA1H 48 mutations have been identified in patients diagnosed as FH-II, and that the clinical phenotype 49

of FH-II is heterogeneous, being associated to APA as well as bilateral adrenal hyperplasia, it
is reasonable to suspect that the disease may encompass different genetic syndromes.

52 In addition to germline variants, somatic mutations in KCNJ5 (7) and CACNA1D (8, 13), but 53 also ATPases (ATP1A1 and ATP2B3 (13, 14) have been identified in APA. Mutations in all 54 these genes affect aldosterone production by altering pathways involved in maintaining intracellular ionic homeostasis and cell membrane potential, ultimately leading to increased 55 56 calcium signalling. In particular, mutations in KCNJ5, coding for the potassium channel GIRK4, affect the selectivity filter of the channel and lead to increased sodium permeability 57 and sodium influx, cell membrane depolarization and opening of voltage-gated calcium 58 59 channels, followed by increased intracellular calcium concentrations and activation of calcium signalling, the main trigger for aldosterone production (15). Similarly, mutations in ATP1A1, 60 encoding the α1 subunit of the Na⁺, K⁺-ATPase lead to loss of pump activity and inward 61 sodium or proton leak, which were suggested to depolarize the cell membrane and increase 62 aldosterone production through activation of calcium signaling (13, 14). More recently, 63 64 experiments performed in adrenocortical NCI-H295R cells failed to demonstrate modifications of intracellular calcium concentrations in the presence of mutant Na⁺, K⁺-65 ATPase α 1 subunits and rather suggest a mechanism involving intracellular acidification (16). 66 67 The pathogenic mechanisms involved in stimulating aldosterone production in the presence of ATP1A1 mutations may therefore result from alterations in multiple pathways, possibly in 68 relation with the multiple roles of the Na⁺, K⁺-ATPase as a pump but also a signal transducing 69 platform (17). Mutations in CACNA1D and CACNA1H directly increase intracellular calcium 70 71 concentrations, by modifying voltage-sensitivity and other functional properties of these 72 voltage-gated calcium channels (9, 10). Similarly, ATP2B3 mutations affecting the plasma membrane calcium-transporting ATPase 3 (PMCA3) lead to increased intracellular calcium 73 concentrations due to loss of the physiological pump function leading to reduced calcium 74

export (18). The mutations are also associated with severely depolarized membrane potential 75 76 of primary adenoma cells (14), which is explained by a pathological sodium leak associated with or conducted by the mutant PMCA3 (18). This may be a consequence of the location of 77 the majority of PMCA3 mutations, which lie next to a "PEGL" motif in transmembrane helix 78 4, a region involved in calcium binding and ion gating. Disturbed intracellular ionic 79 homeostasis is suggested to cause plasma membrane depolarization, leading to opening of 80 voltage-gated Ca^{2+} channels and increased Ca^{2+} influx driving increased *CYP11B2* expression 81 and aldosterone biosynthesis. Finally, somatic mutations in *CTNNB1*, encoding β -catenin 82 have been described in 2-5% of APA (19, 20) and mutations in PRKACA (coding for the 83 84 cAMP-dependent protein kinase catalytic subunit alpha) in rare cases (21). Mutations in those genes have previously been involved in cortisol producing adenoma and adrenocortical 85 cancer; the mechanisms whereby the same mutation leads to different hormonal phenotypes 86 87 remain yet to be established ((15), see below).

88

89 Clinical implications of mutation detection in PA

Mutation detection in familial forms of PA is routinely performed in some genetic 90 laboratories and is useful for disease screening in affected families, early diagnosis and 91 92 targeted treatment. In patients with APA, the challenge is represented by the detection of somatic mutations which are absent in DNA extracted from peripheral blood cells. 93 Correlations of any biological feature associated with a particular mutation would allow to 94 identify mutation carriers who could be suitable candidates for adrenal vein sampling and 95 eventually targeted treatments (22, 23). The most frequent somatic event in APA are KCNJ5 96 97 mutations whose frequency ranges from 13-77%, with higher frequency in East Asian populations ((15) and references therein). CACNA1D mutations are found in up to 10% of 98 cases, followed by ATP1A1 and ATP2B3 mutations. A meta-analysis of 13 studies 99

investigating a total of 1636 patients confirmed previous results showing that KCNJ5 100 101 mutations are more frequent in women and associated with younger age, larger tumor size and higher plasma aldosterone levels (24). Genotype-specific steroid profiles have been recently 102 103 associated with APA (25). By profiling 15 steroids in adrenal venous and peripheral plasma samples from 79 patients by liquid chromatography-tandem mass spectrometry, Williams et al 104 105 identified a 7-steroid fingerprint (including aldosterone, 18-oxocortisol, 18-hydroxycortisol, 106 21-deoxycortisol, corticosterone, 11-deoxycorticosterone, and cortisol) in peripheral vein 107 plasma able to correctly classify 92% of the APA according to genotype (25). In addition, specific steroid features were identified, in particular the presence of significantly higher 108 109 hybrid steroids 18-hydroxycortisol and 18-oxocortisol in patients with APA due to KCNJ5 mutations. The usefulness of this type of screening is related to the possibility of selecting 110 111 patients for adrenal vein sampling, but also for developing targeted treatments for specific 112 mutation carriers. Initial studies of mutant KCNJ5 channels showed that their pharmacology was different from that of wild type channels (22). In particular, KCNJ5 mutants were 113 114 blocked by calcium-channel blockers, such as verapamil, and Na-channel blockers, such as 115 amiloride. At high therapeutic doses (3 x 120 mg/d) plasma concentrations of verapamil could be sufficient to block the most sensitive KCNJ5 mutant p.Leu168Arg (22). More recently, 116 117 Scholl et al applied a high-throughput screen based on the rescue of cell lethality induced by KCNJ5 mutations. This strategy identified a series of macrolide antibiotics, including 118 roxithromycin, that potently inhibit the mutant channels (IC₅₀ of 0.22 µM for the KCNJ5 119 p.Gly151Arg mutant and 0.69 on the p.Leu168Arg) as well as CYP11B2 expression and 120 aldosterone production in adrenocortical HAC15 cells (23). The authors suggest that 121 macrolides could be useful in screening tests aimed at identifying carriers of KCNJ5 122 mutations, which together with peculiar imaging characteristics of these tumors (larger size, 123 lower pre-contrast Hounsfield units on computed tomography compared with tumors carrying 124

mutations in other genes (19)) could guide subtype diagnosis for surgery. Those compounds 125 126 could also be used as targeted treatments in patients who are not candidates for surgery, given their long pharmacological history and safety. In a proof-of-concept Study, Caroccia et al 127 tested the effects of clarithromycin on aldosterone biosynthesis in primary cell lines obtained 128 from APA tissues with or without the two most common KCNJ5 mutations, p.Gly151Arg and 129 p.Leu168Arg (26). Remarkably, clarithromycin inhibited CYP11B2 gene expression and 130 131 aldosterone production in a dose-dependent manner. Further studies are warranted to show whether these effects can be translated to patients and whether macrolides or other 132 compounds can be used to identify and treat patients with PA due to APA with KCNJ5 133 134 mutations or patients with FH-III otherwise requiring bilateral adrenalectomy to control blood pressure (27). 135

136

137 How do APA develop?

While the role of somatic mutations in regulating aldosterone biosynthesis has been clearly
established, the origin of APA is still a matter of debate. Different studies have been
published in the last few years leading to the emergence of two hypotheses for APA
development, the "two hit model" and the "APCC model".

142 The two-hit model supports the idea of the occurrence of two consecutive events leading to APA, a first one driving abnormal cell proliferation followed by a second one driving specific 143 hormonal secretion. Adrenal cortex remodelling, reduced vascularization and ZG hyperplasia 144 are major features of APA development (28, 29). In many cases, the resected adrenal gland 145 harbours not only one adenoma but other micro- or macronodules, some of them expressing 146 147 aldosterone synthase (28, 30, 31). Investigation of genetic abnormalities in multinodular adrenals revealed the presence of different somatic APA driver mutations in different nodules 148 from the same adrenal (31, 32), strongly suggesting that mutations are a second event 149

occurring in a previously remodelled adrenal cortex. In many cases, APA have been described 150 151 to be heterogeneous with aldosterone synthase expressed only in some parts of the tumour (33, 34); somatic mutations appear to be present only in the aldosterone synthase positive 152 153 region of the APA (33). The recent description of a patient with PA harbouring a germline heterozygous APC gene mutation associated, in the resected multinodular adrenal, to biallelic 154 APC inactivation due to a loss of heterozygosity in all nodules, but a somatic KCNJ5 155 mutation only in the aldosterone synthase expressing nodule further supports the two-hit 156 157 model for APA development (35). APC is part of the WNT/ β -catenin pathway which plays a major role in adrenal gland development and tumorigenesis (36). In APA, somatic mutations 158 in CTNNB1, encoding β -catenin, are present in a subset of APA (19, 20) and the WNT/ β -159 catenin pathway is activated in two thirds of cases, independently of the mutation status (37, 160 161 38). This pathway may therefore constitute the first event leading to abnormal cell 162 proliferation and adenoma formation. Other signalling pathways and transcriptional cascades may also be involved and create a propitious environment for the occurrence of mutations in 163 one of the APA driver genes. 164

165 On the other hand, the APCC model supports the idea that occurrence, in ZG cells, of a

somatic mutation in one of the APA driver genes leads to the formation of aldosterone-

167 producing cell clusters (APCC), followed, through the development of APCC-to-APA

translational lesions (pAATL), to APA formation (39). Next generation sequencing performed

169 on formalin-fixed, paraffin-embedded tissue DNA identified somatic mutations in some of the

170 known APA driver genes, i.e. CACNA1D and ATP1A1 in 8 of 23 APCC from normal adrenals

171 from kidney donors, most frequently affecting *CACNA1D*. Interestingly, no mutation in the

- 172 KCNJ5 gene, the most frequent alteration observed in APA, has been reported in APCC (39,
- 40). The recent description of pAATL consisting of a subcapsular APCC-like structure
- 174 (APCC-like) and an inner-APA-like structure (mAPA-like) without well-defined histological

border has suggested a possible APCC to APA transition (41). These specific lesions were 175 176 first described in adrenals from two patients with unilateral multiple adrenocortical micronodules. To determine whether they could constitute intermediate structures between 177 178 APCC and APA, search for mutations in APA driver genes was performed in both APCC and mAPA structures. In the first case a KCNJ5 mutation was identified in frozen tissue from a 179 suspected aldosterone producing nodule. A different KCNJ5 mutation resulting in the same 180 amino acid change was found in the mAPA-like part of a first pAATL, but not in its 181 neighbouring APCC-like structure, indicating that the aldosterone producing nodule and the 182 mAPA had different origins. The fact that only the mAPA portion had the mutation suggested 183 184 that the mutation may have led to a transdifferentiation of the cells into a mAPA like phenotype. In a second pAATL, an ATP1A1 mutation was found in the entire pAATL 185 suggesting a clonal origin of the entire structure. Histologically, the adrenal from the second 186 187 case revealed no major abnormalities except for the presence of a pAATL (42). In a recent report of 4 additional cases, the same authors identified mutations in *KCNJ5* preferentially 188 found in nodules larger than 3mm (41). Taken together, these results suggest that certain 189 190 APA, particularly those harbouring CACNA1D, ATP1A1 and ATP2B3 mutations, could derive from APCC, although the precise mechanism remains to be identified. The progression of 191 192 APCC to APA could be the result of a single-somatic mutation event or alternatively require a second-hit mutation within the APCC to promote cell proliferation. However, it has to be 193 taken into consideration that not all mutations identified in APCCs or pAATL affect amino 194 acids recurrently mutated in APA; those mutations therefore require functional validation for 195 their implication in promoting aldosterone biosynthesis and eventually cell proliferation. 196

197



In human adrenals, not all cells express *CYP11B2*, possibly reflecting high salt intake in the 199 200 general population (34). Two patterns of CYP11B2 expression have been described in the "normal" adrenal gland: a discontinuous expression in scattered cells underneath the capsule 201 202 and expression in cell clusters named APCC (28, 29). They are composed of subcapsular zona glomerulosa-like cells and inner large zona fasciculata-like cells, expressing CYP11B2 but not 203 204 CYP11B1 (28, 29). Despite the inner portion resembling to zona fasciculate, their 205 transcriptome very much resembles to the transcriptome of zona glomerulosa cells, but with 206 an enhanced capacity to produce aldosterone (39, 41). It has been postulated that APCC are structures of constitutive aldosterone biosynthesis, independent of renin and angiotensin II 207 208 stimulation (39). This is supported by the fact that APCC in normal adrenal glands harbour somatic mutations in a subset of APA driver genes (39) and that APCC are present in the 209 210 normal adrenal as well as in peritumoral tissue of adrenals with APA (28, 29). Of note, 211 increased expression of the melanocortin 2 receptor (MC2R) has been reported in APCC, suggesting that adrenocorticotropic hormone (ACTH) could play a role in the regulation of 212 213 aldosterone biosynthesis in APCC (39).

To assess the evolution of the adrenal cortex structure and function with time, Nishimoto et al 214 have investigated the presence of APCC in adrenal tissues from 33 autopsied patients aged 215 216 between 0 and 50 years (43). Adrenals from subjects under 11 years had layered zona glomerulosa and zona fasciculata without apparent APCC. The number and size of APCC 217 increased with age. These results suggest either that a somatic mutation occurring in the zona 218 glomerulosa blocks transdifferentiation to zona fasciculata and promotes APCC formation, or 219 220 that APCC may develop due to aging and environmental factors, with somatic mutations 221 being induced by unknown factors.

Based on the assumption that APCC are structures of constitutive aldosterone biosynthesis,the relation of autonomous aldosterone production, APCC and age has been investigated by

evaluating the relationship between age and adrenal aldosterone synthase expression in 127 224 225 adrenal glands from deceased kidney donors aged 9 months to 68 years (44). This study confirmed that continuous expression of CYP11B2 was more frequent in young adrenal 226 227 glands, while old adrenals very often showed discontinuous or absent zona glomerulosa CYP11B2 expression. Total and normal zona glomerulosa CYP11B2-expressing areas in the 228 229 adrenal cortex were negatively correlated with age, while the area of CYP11B2 expression in 230 APCC increased. The effect of age on aldosterone production was in parallel investigated in the HyperPATH study population, which consists of normotensive or mildly hypertensive 231 subjects who underwent a high salt and low salt diet (45). On a high salt diet, subjects without 232 233 PA showed a progressive decline of renin activity with age, while serum and 24-hour urinary aldosterone levels did not change; as a consequence, the aldosterone-to renin ratio was 234 positively associated with older age. Under sodium restriction, the physiological stimulation 235 236 of both plasma renin activity and aldosterone was blunted with increasing age. Altogether, these findings suggest a progressive pattern of abnormal aldosterone physiology with aging. 237 238 The presence of APCC, which are supposedly renin-independent aldosterone producing 239 structures, manifests with renin-independent aldosterone secretion and a decreased capacity of the adrenal gland to respond to physiological stimuli with age. The authors suggest that aging 240 241 may be associated with a subclinical form of aldosterone excess. The fact that total aldosterone-expressing area in the adrenal cortex rather diminishes and aldosterone levels do 242 not significantly change with age in the HyperPATH population rather suggests an 243 244 inappropriate aldosterone production to salt status or an appropriate relatively autonomous 245 aldosterone production.

To gain insight into how APCC evolve with age in subjects without hypertension, Omata et al
investigated 107 autoptic adrenal glands using CYP11B2 immunohistochemistry and NGS
and determined the APCC score and the associated somatic mutations in non-hypertensive

patients from Japanese origin (46). The number of APCCs, which was in average 0.6 per 249 gland, increased with age, without difference in sex distribution. 21 of 61 APCCs (34%) 250 showed somatic mutations in one of the APA driver genes except KCNJ5, with 16 affecting 251 252 CACNA1D (76%), which therefore appears to be the most frequently mutated gene in APCCs in healthy individuals from different origins (39) as well as micronodules from image-253 negative adrenals removed on the basis of positive lateralization of aldosterone production at 254 AVS (40). As only one third of the genetic variants identified have previously been described 255 256 in APA and functionally characterized, the consequences of the remaining somatic mutations detected in APCC warrants further examination. Remarkably, in four adrenal glands different 257 258 somatic mutations were identified in individual APCCs, supporting a different clonal origin of each structure, similar to what observed in multiple nodules in multinodular adrenals with 259 APA (32). The results reported here suggest that APCC accumulation may be an age-260 261 dependent phenomenon in non-hypertensive subjects, possibly explaining some cases of inappropriate aldosterone secretion not associated with hypertension. As their number was 262 lower in normotensive compared to CT-negative PA patients (40), the authors suggest that 263 APCC may possibly contribute to hypertension not related to PA. Whether APCC may 264 explain some cases of low-renin hypertension requires further investigation. 265

267 Conclusion

After a large number of studies identifying inherited and somatic mutations in familial 268 hyperaldosteronism and APA, the last years have been devoted to the understanding of the 269 functional consequences of these mutations, their possible clinical relevance and screening, and 270 271 the search of pharmacological approaches specifically targeting mutated proteins. Exciting new 272 knowledge has also been gathered on normal adrenal cortex structure and function in relation to aldosterone production and the genetics of APCC. It can be anticipated that this knowledge 273 274 will be applied to patients with inherited or sporadic PA in the next few years. In addition, new genes should be identified in patients with as yet unknown genetic defects, which represent half 275 of the patients harboring an APA and a large proportion of patients with familial 276 hyperaldosteronism. The causes underlying the development of bilateral adrenal hyperplasia 277 and idiopathic hyperaldosteronism remain still to be identified. 278

280	Key points		
281			
282	• Four Mendelian forms of hyperaldosteronism, inherited as autosomal dominant traits,		
283	have been described		
284	• Inherited mutations of different genes coding for ion channels and ATPases have been		
285	identified in familial hyperaldosteronism; similar somatic mutations are found in APA		
286	• Pre-operative detection of somatic mutations may allow improved diagnosis and		
287	treatment of PA due to APA		
288	• APCC are autonomous aldosterone-producing structures of the normal adrenal		
289	harboring somatic mutations in APA driver genes		
290	• The aging adrenal may progressively show features of autonomous aldosterone		
291	production		

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293

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479 Figure legends.

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Figure 1. Two models for APA development. Foci are composed of zona glomerulosa cells 481 where aldosterone production is under the control of its secratagogues, principally angiotensin 482 II (AngII) and potassium (K⁺). On the left part of the adrenal, the "two-hit model". Local 483 abnormal cell proliferation occurs in some zona glomerulosa cells, due to activation of specific 484 signaling pathway such as Wnt/β-catenin or shh, leading to nodule formation. Subsequently, 485 486 recurrent somatic mutations in KCNJ5, CACNA1D, ATP1A1 or ATP2B3 occur, inducing autonomous aldosterone hypersecretion and APA development. On the right part of the adrenal, 487 the "APCC model". Somatic mutations in CACNA1D or ATP1A1 lead to constitutive 488 aldosterone production in specific structures named APCC. APCC develop into pAATL and 489 then into APA, through abnormal cell proliferation driven by the previously described somatic 490 491 mutations or by other mechanisms, which remain to be identified.

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