Kishikawa J, Yasuda K, Otani K, Nishikawa T, Tanaka T, Tanaka J, Kiyomatsu T,	Metastases Is Associated with Tumor Aggressiveness During Lymph Node Metastasis in Colorectal Cancer.	Res	35 (12)	6599-605	2015
Kitayama J, Hiyoshi M, Taketomi Y, Murakami M,	Colorectal Cancer.	Res	35(5)	2983-90	2015
Ishihara S, Nishikawa T, Tanaka T, Tanaka J,	lymphocyte ratio is a prognostic marker in patients with stage II colorectal	Colorectal Dis	30(9)	1165-71	2015
Nagata H, Yamaguchi H, Watanabe T.			[Epub ahead of print]		2015

Kazama S, Kiyomatsu T, Nishikawa T,	rectal carcinoma: a rare case report and review.	Oncol	13	180	2015
Hata K, Ishihara S,	Successful Surveillance Colonoscopy for Patients with Ulcerative Colitis After Ileorectal Anastomosis.		9(10)	937-8	2015
Kazama S,	surgery for ulcerative colitis: a review of the		45(8)	933-8	2015
Hiyoshi M, Kawai K, Shibuya M, Ozawa T, Kishikawa J, Nirei T, Tanaka T, Tanaka J, Kiyomatsu T, Tada T,	Tracheobronchitis with dyspnea in a patient with ulcerative colitis.	1	54(7)	749-53	2015

Kawai K, Hata K, Shuno Y, Nishikawa T, Tanaka T, Tanaka J, Kiyomatsu T,	Anastomosis for Ulcerative Colitis.	100(7-8)	1169-76	2015
Kawai K, Tanaka T, Tanaka J, Kiyomatsu T, Nozawa H, Kanazawa T, Kazama S, Ishihara S, Yamaguchi H,		54(13)	1605-8	2015
Hoshina K, Yamamoto S, Nemoto Y, Akai T, Shigematsu K, Watanabe	Modeling System to Investigate	79 (7)	1534-41	2015
Nishiyama A, Koyama H, Miyata T, Watanabe T.	Therapeutic site selection is important for the successful development of collateral vessels.	62(1)	190-9	2015

Ishihara S, Morikawa T, Tanaka J, Yasuda K, Ohtani K, Nishikawa T, Tanaka T, Kiyomatsu T, Kawai K, Hata K, Kazama S, Yamaguchi H, Sunami E, Kitayama J, Fukayama M,	tubulovillous and tubular adenomas of the anal canal.	Diagn Pathol	10	139	2015
Saito S,	Thyroid gland metastasis of rectal cancer.	J Surg Case Rep	5	1-4	2015
Kiyomatsu T, Saito S, Ishihara S, Sunami E, Kitayama J, Watanabe T.	idiopathic systemic capillary leak syndrome that occurred during the postoperative	_	100(1)	58-62	2015
Nozawa H,	Resected Stage IV Colorectal Cancer:	Oncol	[Epub ahead of print]		2015

Hata K, Watanabe T.	Hepatic Portal Venous Gas After Colonoscopy for UlcerativeColitis: A Case Report.	Colitis	9(11)	1058-9	2015
Nishikawa T, Tanaka T, Kiyomatsu T,	anastomoticleakage after rectal surgery: A case-controlstudy.		4 (2)	183-6	2015
Furukawa Y, Nakamura Y, Hirata K, Tomita N, Tamura K, Sugano K, Ishioka C, Yoshida T, Ishida H,	cross-sectional study conducted by the Japanese Society for Cancer of the Colon and Rectum.	Oncol	45(3)	307-10	2015
	Current therapeutic strategies for rectal cancer.	Int J Clin Oncol	20(4)	631-2	2015

Furukawa Y, Nakamura Y, Matsubara N, Ishikawa H, Arai M, Tomita N, Tamura K, Sugano K, Ishioka C, Yoshida T,	cross-sectional study conducted by	Oncol	Clin	45(2)	153-9	2015
Kanazawa T, Yamaguchi H, Ishihara S, Sunami E, Kitayama J,	Giant solitary fibrous tumor of the pelvis successfully	WorldJ Oncol	Surg	13	164	2015
Watanabe Y, Hoshina K, Obitsu Y, Deguchi J, Sato O,	Family history of aortic aneurysm is an independent risk factor for more rapid growth of small abdominal aortic aneurysms in Japan.		Surg	61(2)	287-90	2015
Hoshina K, Yamamoto S, Takeuchi H, Nemoto Y, Ohshima M, Shigematsu K, Miyata T, Yamauchi H, Ono M, Watanabe T.	defining "saccular" aneurysms.	Assoc			e001547	2015
Chen L, Kimura H, Endler A, Koyama H, Miyata T, Shibasaki F,	Silencing of eIF3e promotes blood perfusion recovery after limb ischemia through stabilization of hypoxia-inducible factor 2\alpha activity.		Surg	[Epub ahead of print]		2015

Ozaki K, Takahashi A,	Association Study of Peripheral Arterial Disease in a Japanese	10(10)	e0139262	2015
Shigematsu K, Nishiyama A, Hashimoto T, Hoshina K,	infrainguinal	8(1)	14-20	2015
		8 (3)	192-7	2015
Hoshina K,				2015
Hoshina K, Yamamoto S, Shigematsu K, Miyata T,	Poor Prognosis in Critical Limb Ischemia Without Pre-Onset Intermittent Claudication.	79(7)	1618-23	2015

Hoshina K, Yamamoto S, Shigematsu K, Miyata T,	Ischemia Without		79 (7)	1618-23	2015
Hosaka A, Miyahara T, Hoshina K, Okamoto H,		r Thromb	22(4)	415-23	2015
Hoshina K, Hosaka A, Shigematsu K, Watanabe	Long-term outcomes of surgical treatment in patients with popliteal artery entrapment syndrome.		23 (5)	449-54	2015
Takahashi K, Futami K, Ikeuchi H, Tatsumi K, Watanabe K, Maeda K, Watadani Y, Nezu R, Kameyama H, Nozawa H, Ishihara S, Fujishiro M, Kodashima S, Ohtani K,	immunosuppressant therapy for ulcerative colitis affected surgical trends? Results of a questionnaire survey of surgical institutions in Outcome of salvage surgery for colorectal cancer	Surgery	[Epub ahead of print]  [Epub ahead of print]		

Hoshina K, Shigematsu K, Miyata T, Watanabe T.  Shirasu T, Hoshina K,	Arterial Bollinger Score in the Era of Diabetes and End-Stage Renal Disease - Usefulness for Predicting Operative Outcome of Critical Limb Favorable outcomes of very elderly	J Vasc Surg	ahead of		
Miyahara T, Yamamoto K, Shigematsu K, Watanabe T.	critical limb ischemia who undergo distal bypass surgery.		print]		
Furukawa Y, Nakamura Y, Hirata K, Tomita N, Tamura K, Sugano K, Ishioka C, Yoshida T, Ishida H,	between smoking and multiple colorectal cancers in patients with Japanese Lynch syndrome: a cross-sectional study conducted by the Japanese Society for Cancer	·		307-10	2015
Watanabe T.	Current therapeutic strategies for rectal cancer.	Int J Clin	20(4)	631-2	2015
Furukawa Y, Nakamura Y, Matsubara N, Ishikawa H, Arai M, Tomita N, Tamura K, Sugano K, Ishioka C,	Comparison of clinical features between suspected familial colorectal cancer type X and Lynch syndrome in Japanese patients with colorectal cancer: a cross-sectional	Oncol		153-9	2015
Hata K, Kanazawa T, Yamaguchi H, Ishihara S, Sunami E, Kitayama J,	Giant solitary fibrous tumor of the pelvis successfully treated with preoperative embolization and surgical resection: a case report.	Oncol	13	164	2015

Oka S, Tanaka	Local recu	irrence	Am J	110(5)	697-707	2015
S, Saito Y,	after endo	scopic	Gastroente			
Iishi H, Kudo	resection for	r large	rol			
SE, Ikematsu	colorectal					
H, Igarashi	neoplasia:	a				
M, Saitoh Y,	multicenter					
Inoue Y,	prospective	study				
Kobayashi K,	in Japan.					
Hisabe T,						
Tsuruta O,						

III. 研究成果の刊行物・別刷



# Drospirenone induces decidualization in human eutopic endometrial stromal cells and reduces DNA synthesis of human endometriotic stromal cells

Mariko Miyashita, M.D., Kaori Koga, M.D., Ph.D., Gentaro Izumi, M.D., Ph.D., Tomoko Makabe, M.D., Akiko Hasegawa, M.D., Ph.D., Yasushi Hirota, M.D., Ph.D., Tetsuya Hirata, M.D., Ph.D., Miyuki Harada, M.D., Ph.D., Tomoyuki Fujii, M.D., Ph.D., and Yutaka Osuga, M.D., Ph.D.

Department of Obstetrics and Gynecology, University of Tokyo, Tokyo, Japan

**Objective:** To investigate the in vitro effect of drospirenone on human eutopic endometrial (EuSC) and ectopic endometriotic stromal cells (EcSC).

**Design:** Comparative and laboratory study. The experimental procedures were approved by the Institutional Review Board of the University of Tokyo (registration no. 0324-4).

Setting: University research laboratory.

Patients(s): Eight patients undergoing hysterectomy for benign gynecologic disease and 19 patients undergoing cystectomy or adnectomy for endometriosis.

Intervention(s): EuSC and EcSC were treated with drospirenone.

Main Outcome Measure(s): For the analysis of decidualization of EuSC, cells were observed using microscopy, and the production of PRL was measured using enzyme immunoassay. For the analysis of DNA synthesis of EcSC, 5-bromo-2'-deoxyuridine incorporation was measured by ELISA. Cells in apoptosis were detected and measured by flow cytometry.

**Result(s):** Drospirenone induced decidualization in EuSC, and the induction was negated by RU486. Drospirenone reduced DNA synthesis on EcSC, and this reduction was negated by RU486 or P receptor silencing, but not by aldosterone or mineralocorticoid receptor silencing. Drospirenone did not cause EcSC to undergo apoptosis.

**Conclusion(s):** Our study demonstrates the direct effects of drospirenone: decidualization of EuSC and reduced DNA synthesis of EcSC, but it does not cause EsSC apoptosis. (Fertil Steril® 2015;104:217–24. ©2015 by American Society for Reproductive Medicine.)

Key Words: Drospirenone, endometriosis, endometrium, decidualization, oral contraceptive(s)

**Discuss:** You can discuss this article with its authors and with other ASRM members at http://fertstertforum.com/miyashitam-drsp-effect-uterus-endometrium/



Use your smartphone to scan this QR code and connect to the discussion forum for this article now.\*

\* Download a free QR code scanner by searching for "QR scanner" in your smartphone's app store or app marketplace.

rospirenone is a synthetic progestin that is similar to the natural hormone P and is a potent

inhibitor of mineralocorticoid activity (1, 2). Similar to P, drospirenone displays high affinity for P receptors

Received November 5, 2014; revised March 23, 2015; accepted March 24, 2015; published online April 29, 2015.

M.M. has nothing to disclose. K.K. has nothing to disclose. G.I. has nothing to disclose. T.M. has nothing to disclose. A.H. has nothing to disclose. Y.H. has nothing to disclose. T.H. has nothing to disclose. Y.O. reports a grant from Bayer Healthcare.

This work was supported by grants (26462478) from the Ministry of Health, Labor and Welfare, the Ministry of Education (to K.K., A.H.), and the Nakatomi Foundation (to K.K.).
Reprint requests: Kaori Koga, M.D., Ph.D., Obstetrics and Gynecology, University of Tokyo, 7-3-1

Reprint requests: Kaori Koga, M.D., Ph.D., Obstetrics and Gynecology, University of Tokyo, 7-3-1 Hongo Bunkyo, Tokyo 113-8655, Japan (E-mail: kawotan-tky@umin.ac.jp).

Fertility and Sterility® Vol. 104, No. 1, July 2015 0015-0282/\$36.00 Copyright ©2015 American Society for Reproductive Medicine, Published by Elsevier Inc. http://dx.doi.org/10.1016/j.fertnstert.2015.03.023 and mineralocorticoid receptors and low affinity for androgen receptors. Unlike P, which has considerable affinity for glucocorticoid receptor, drospirenone exhibits low binding to this receptor and is devoid of either glucocorticoid or antiglucocorticoid activity (1, 2). Clinically, drospirenone has been mainly used as a progestin in oral contraceptives (OCs) (3) and is expected to control endometriosis. As a constituent of OCs, 3 mg drospirenone significantly reduced the size of endometrioma and dysmenorrhea

VOL. 104 NO. 1 / JULY 2015

among patients with endometriosis (4). When used in the postoperative period, drospirenone-containing OC decreased anatomical symptoms and recurrence rates of endometrioma (5). Drospirenone also functions on the endometrium, reducing proliferation and thereby improving menorrhagia symptoms. Drospirenone has been shown to reduce Ki-67 expression in the human endometrium (6) and proliferation of mouse epithelial cells (7) when orally administered with and without  $E_2$ .

Despite the reported clinical impacts on the endometrium and endometriosis, the direct effects of drospirenone on the endometrium or endometriosis have not been well clarified.

To the best of our knowledge, the effect of drospirenone on the endometrium has been investigated in a single study. To investigate uterine bleeding in long-acting progestin users, Hampton et al. found that drospirenone, similar to other progestins, reduced MMP-1 and MMP-3 expression (8). The aim of this study was to clarify the direct effect of drospirenone on endometrial and endometriotic stromal cells, especially whether it induces decidualization in the endometrium and the anti-DNA synthesis effect on endometriosis.

### MATERIALS AND METHODS

### Reagents and Materials

Type I collagenase and deoxyribonuclease I were purchased from Wako. Antibiotics (a mixture of penicillin, streptomycin, and amphotericin B),  $17\beta$ -estradiol, P, and aldosterone were obtained from Sigma. Dulbecco's modified Eagle's medium (DMEM)/F12 medium, 2.5% trypsin, HEPES, and 0.25% trypsin-EDTA were from Gibco. Charcoal/dextran-stripped fetal bovine serum (FBS) was from HyClone. RU486 (Mifepristone) was from Cayman Chemical. Drospirenone was provided by Bayer HealthCare.

### **Patients and Samples**

The Institutional Review Board of the University of Tokyo approved this study, and written informed consent for use of the tissue was obtained from each woman. Endometrial tissues were obtained from endometrial tissue during hysterectomies on eight patients (aged  $45 \pm 1.07$  years, mean  $\pm$  SD). In each case, hysterectomies were for managing benign gynecological conditions such as uterine fibroid without endometrial pathologies. All patients had experienced regular menstrual cycles and had not received hormone therapy for at least 6 months before surgery. The specimens were dated according to each patient's menstrual history and standard histological criteria, according to Noves et al. (9).

Endometriotic tissues were obtained from patients with ovarian endometriomas (n = 19, ages  $36.9 \pm 1.38$  years, mean  $\pm$  SD) who were undergoing laparoscopy or laparotomy. These patients had not received hormones or GnRH agonist for  $\geq 3$  months before surgery. Endometriotic tissue samples were obtained from the cyst wall of ovarian endometriomas under sterile conditions and transported on ice in DMEM/F12 to the laboratory.

### Isolation and Culture of Human Eutopic Endometrial Stromal Cells (EuSC) and Ectopic Endometriotic Stromal Cells (EcSC)

Isolation and culture of human EuSC were as described elsewhere (10). Endometrial tissue was minced and incubated in DMEM/F12 containing 0.25% type I collagenase, 15 U/mL deoxyribonuclease I, 0.006% trypsin, and 0.02 mol/L HEPES for 60 minutes at 37°C. The resultant dispersed endometrial cells were separated by filtration through a 40- $\mu$ m nylon cell strainer (BD Biosciences); dispersed EuSC passed through the strainer into the filtrate. EuSC in the filtrate were centrifuged and resuspended in DMEM/F12 containing 5% FBS and antibiotics. EuSC were plated in a 100-mm culture plate and maintained at 37°C in a humidified 5% CO<sub>2</sub>/95% air atmosphere. At the first passage, the cells were plated at a density of 2 × 10<sup>5</sup> cells/well into 6-well culture plates.

EcSC were prepared as reported elsewhere (11-13). Endometriotic tissue was minced into small pieces, incubated in DMEM/F12 with 0.25% type I collagenase, 15 U/mL deoxyribonuclease I, 0.006% trypsin, and 0.02 mol/L HEPES for 1–2 hours at 37°C and filtered through 100- $\mu$ m (aperture size) and then 70- $\mu$ m nylon cell strainers. EcSC were cultured in DMEM/F12 containing 5% FBS and antibiotics. The purity of the stromal cells was >98%, as judged by positive cellular staining for vimentin and negative cellular staining for cytokeratin and CD45. More specifically, immunostaining with anti-CD10 antibody identified >95% of the cells as endometriotic stromal cells (13). At the first passage, the cells were plated at a density of  $2 \times 10^5$ cells/well into 6-well culture plates or 96-well plates at  $1 \times 10^4$  cells/well and incubated at 37°C in a humidified 5%  $CO_2/95\%$  air environment.

### In Vitro Decidualization of EuSC

To examine the effect of drospirenone on decidualization of EuSC, in vitro decidualization was achieved as described elsewhere (14). Briefly, after EuSC had reached 70% confluence in 6-well culture plates, they were rinsed and treated with 2.5% charcoal/dextran-stripped FBS in the presence of either E2  $(10^{-8} \text{ mol/L})$ , P  $(10^{-7} \text{ mol/L})$ , drospirenone  $(10^{-7} \text{ to } 10^{-9} \text{ mol/L})$ , E<sub>2</sub>  $(10^{-8} \text{ mol/L})$  plus P  $(10^{-7} \text{ mol/L})$ , or E<sub>2</sub>  $(10^{-8} \text{ mol/L})$  plus drospirenone  $(10^{-7} \text{ to } 10^{-9} \text{ mol/L})$ . Previous studies have shown that P induces decidualization of EuSC in a dose-dependent manner (15), and in this study P was used as a positive control. The culture was terminated on the eighth day, when cells in the positive controls start to decidualize. We have confirmed that 8-day treatment of these hormones did not affect the cell number. To block binding to P receptors, EuSC were treated with P receptor antagonist RU486  $(10^{-8} \text{ mol/L})$ . Culture media were collected and replenished every 3 or 4 days. To evaluate decidualization, cells were observed using microscopy and the concentration of PRL in culture media collected on day 8 was determined.

### Measurement of PRL

Concentrations of PRL in the media were measured using a specific enzyme immunoassay (EIA) kit (Cayman). The limit

of sensitivity of the EIA was 5 ng/mL. The intra- and interassay coefficients of variation were 3.5% and 5.1%, respectively.

### Treatment of EcSC with Drospirenone

When EcSC reached 70%–80% confluence (1 or 2 days), media were removed and replaced with fresh media containing 2% charcoal/dextran-stripped FBS and antibiotics. After culturing for an additional 24 hours, the cells were ready for use in experiments. To evaluate the effect of drospirenone on DNA synthesis, media were replaced with fresh medium containing 2% charcoal/dextran-stripped FBS and antibiotics and EcSC were incubated for 24 hours with drospirenone  $(10^{-5} \text{ to } 10^{-7} \text{ mol/L})$  or P  $(10^{-7} \text{ mol/L})$ . We have confirmed that drospirenone at the concentration of  $10^{-5}$  to  $10^{-7}$  mol/L did not have a toxic effect using propidium iodide (PI) staining.

# Treatment of EcSC with P Receptor Antagonist RU486 and Mineralocorticoid Receptor Agonist Aldosterone

Because drospirenone acts as a P receptor agonist, P receptor antagonist, RU486 (10<sup>-8</sup> mol/L), was added to culture media containing drospirenone to determine whether P receptors were involved in the effect of drospirenone. Drospirenone also acts as a mineralocorticoid receptor antagonist in the presence of mineralocorticoid receptor agonist. Although the culture media are steroid free, it is still possible that intracellular cortisol acts on mineralocorticoid receptors. Therefore, aldosterone (mineralocorticoid receptor agonist 10<sup>-8</sup> mol/L) was added to culture media containing drospirenone to determine whether mineralocorticoid receptors were involved in the effect of drospirenone.

### Silencing of P Receptor and Mineralocorticoid Receptor Using Small Interfering RNA (siRNA)

In addition to above-mentioned experiments using antagonist and agonist, we further conducted experiments where these receptors were silenced by transfecting siRNA as we reported elsewhere (12, 16). SiRNAs were obtained as ON-TARGET plus SMART pool human P receptor (L-003433-00-0005) and human mineralocorticoid receptor (L-003425-00-0005) from Dharmacon. The nontargeting siRNA control, ON-TARGET plus nontargeting pool (D-001810-10-05), was also obtained from Dharmacon. EcSC were transfected with 30 nM of siRNA for 7 hours in Opti-MEM I (Gibco) using Lipofectamine RNAiMAX (Invitrogen) according to the manufacturer's protocol. The cell viability was not decreased by the siRNA transfection, which was verified using cell counting kit-8 (Dojindo). The silencing of P receptor and mineralocorticoid receptor was confirmed by real-time quantitative polymerase chain reaction carried out using a LightCycler (Roche Diagnostic) according to the manufacturer's instructions. Expression of each mRNA was normalized for RNA loading using human glyceraldehyde 3-phosphate dehydrogenase (GAPDH) mRNA as an internal standard.

P receptor primers (sense, 5'-CAATGGAAGGCAGCA CAAC-3'; antisense, 5'-ACAGCATCCAGTGCTCTCAC-3') were chosen to amplify a 290-bp fragment.

Mineralocorticoid receptor primers (sense, 5'-CTGAGTTCCTTCCTCCTGTC-3'; antisense, 5'-GCCACAGGT GACTACCCCAT-3') were chosen to amplify a 225-bp fragment.

GAPDH primers (sense, 5'-ACCACAGTCCATGCCATCAC-3'; antisense, 5'-TCCACCACCCTGTTGCTGTA-3') were chosen to amplify a 450-bp fragment.

The PCR conditions were as follows:

For P receptor, 40 cycles of 95°C for 10 seconds, 60°C for 30 seconds, and 72°C for 18 seconds.

For mineralocorticoid receptor, 30 cycles of 95°C for 10 seconds, 61°C for 10 seconds, and 72°C for 10 seconds.

For GAPDH, 30 cycles of 95°C for 10 seconds, 65°C for 10 seconds, and 72°C for 18 seconds.

All PCR conditions were followed by melting curve analysis.

After transfection, the medium was removed and replaced with fresh medium containing 2.5% charcoal/dextran-stripped FBS and antibiotics. EcSC were then treated with drospirenone for 24 hours. After the treatment, the 5-bromo-2'-deoxyuridine (BrdU) incorporation assay was performed.

### The BrdU Incorporation Assay

The BrdU incorporation assay was performed as reported elsewhere (10), using the Biotrak cell proliferation ELISA system (GE Healthcare) according to the manufacturer's instructions. Briefly, EcSC were treated with 5% FBS with drospirenone for 24 hours, and then 10  $\mu$ L BrdU solutions were added and incubated at 37°C for an additional 2 hours. After removing the culture medium, the cells were fixed and the DNA denatured by the addition of fixative (200  $\mu$ L/well). The immune complexes (peroxidase-labeled anti-BrdU bound to BrdU incorporated in the newly synthesized, cellular DNA) were detected by the subsequent substrate reaction, and the resultant color was read at 450 nm in an Epoch Microplate Spectrophotometer (BioTek).

### **Assessment of Apoptosis**

Flow-cytometric analysis was performed as reported elsewhere (17). Apoptotic EcSC were double stained with annexin V and PI using the Annexin V-EGFP Apoptosis detection kit (Abcam) according to the manufacturer's instructions. Briefly, EcSC were detached by 0.25% trypsin-EDTA, washed twice with phosphate-buffered saline, and resuspended in 1  $\times$  binding buffer at a concentration of 1  $\times$  10 $^6$  cells/mL. Each sample solution was transferred to a 5-mL culture tube; 2  $\mu$ L of annexin V-FITC and 2  $\mu$ L of PI were added, and the tubes incubated for 10 minutes at 4°C in the dark, followed by filtration through a 40-mm nylon mesh (BD Biosciences) to remove cell clumps. After incubation, the samples were analyzed by FACS Calibur and Cell Quest Pro (BD Biosciences). According to the manufacturer, annexin V-positive cells are regarded as apoptotic cells.

### **Statistical Analysis**

The differences among multiple samples were calculated using analysis of variance and Tukey's test. The differences between two samples were calculated using Student's t-test. P<.05 was considered statistically significant. The data were expressed as the mean ( $\pm$ SEM). Data analysis was conducted using Jmp software (ver. 10.0, SAS Institute Inc.).

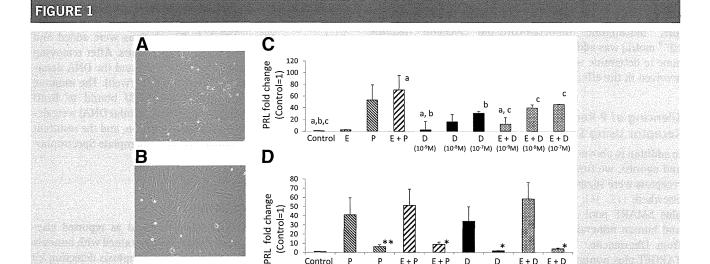
### **RESULTS**

### Effect of Drospirenone on the in Vitro **Decidualization of EuSC**

The EuSC became spindle-like in shape after 8 days of treatment with  $E_2$  (10<sup>-8</sup> mol/L) and drospirenone (10<sup>-9</sup> to  $10^{-7}$  mol/L), similar to EuSC treated with E<sub>2</sub> ( $10^{-8}$  mol/L) and P (10<sup>-7</sup> mol/L; Fig. 1A and B). Drospirenone combined with E2 significantly elevated the concentration of secreted PRL protein in a dose-dependent manner (P<.05; Fig. 1C). Drospirenone alone significantly elevated the concentration of secreted PRL protein (P<.05). PRL concentrations from EuSC treated with E2 and drospirenone were slightly higher than EuSc treated with drospirenone only, although the difference did not reach statistical significance. The addition of RU486 to culture medium significantly reduced the secretion of PRL protein, which suggests that drospirenone induces decidualization of EuSC by binding P receptors (Fig. 1D).

### Effect of Drospirenone on EcSC DNA Synthesis

Drospirenone at 10<sup>-7</sup> and 10<sup>-5</sup> mol/L decreased BrdU incorporation in EcSC (78.4  $\pm$  4.4 and 63.5%  $\pm$  2.7% of untreated controls, respectively, mean  $\pm$  SEM; n = 6; P<.05) and induced similar responses to P ( $10^{-7}$  mol/L, 83.3%  $\pm$  4.1%, mean  $\pm$  SEM; n = 6; P<.05; Fig. 2A). The addition of RU486 to culture medium neutralized the decrease of BrdU incorporation induced by P or drospirenone (117.7  $\pm$  8.4 and 124.6%  $\pm$  9.7% of controls [RU486 absent], respectively, mean  $\pm$  SEM; n = 4; P < .05), which suggests that drospirenone inhibits DNA synthesis of EcSC through P receptors (Fig. 2B). On the contrary, aldosterone, a mineralocorticoid agonist, did not cancel drospirenone effects on BrdU incorporation (83.6%  $\pm$  9.3% and 80.6%  $\pm$  7.1% of untreated controls, respectively, mean  $\pm$  SEM; n = 4), which suggests that mineralocorticoid receptors seem not to be involved in the anti-DNA synthesis effects of drospirenone (Fig. 3). We further conducted experiments where these receptors were silenced by transfecting siRNA. Transfections of siRNA targeting P receptor and mineralocorticoid receptor successfully reduced the mRNA expression of each molecule (Supplemental Fig. 1). Knockdown of P receptor partially but significantly canceled drospirenone effects on BrdU incorporation (109.7%  $\pm$  3.9% of EcSC transfected with negative control siRNA and treated with drospirenone, mean  $\pm$ SEM; n = 3; P < .05), whereas knockdown of mineralocorticoid receptor did not cancel drospirenone effects on BrdU



Decidualized human EuSC and the effect of drospirenone (D) on PRL secretion from EuSC. EuSC were treated with 2.5% charcoal/dextran-treated (stripped) FBS in the presence of  $E_2$  ( $10^{-8}$  mol/L) plus P ( $10^{-7}$  mol/L) or  $E_2$  plus D ( $10^{-7}$  to  $10^{-9}$  mol/L) for 8 days. The number of spindle-like cells increased. (A) control EuSC. (B) EuSC treated with  $E_2$  ( $10^{-8}$  mol/L) and D ( $10^{-7}$  mol/L). (C) PRL fold change in culture media of EuSC treated with  $E_2$  ( $10^{-8}$  mol/L), P ( $10^{-7}$  mol/L), E<sub>2</sub> plus P, D ( $10^{-9}$  to  $10^{-7}$  mol/L), or  $E_2$  plus D compared with controls. The range of actual PRL concentration values in controls was from 0.07 to 1.02 ng/mL. Values are the mean (±SEM) of aggregated data from four independent experiments using different EuSC preparations. Different letters denote significant differences between groups (P<.05). (D) The effect of P receptor antagonist RU486 on in vitro decidualization induced by drospirenone. PRL concentrations in culture media of EUSC treated with P (10<sup>-7</sup> mol/L), E<sub>2</sub> (10<sup>-8</sup> mol/L) plus P, D  $(10^{-7} \text{ moVL})$ , or E<sub>2</sub> plus D, for the last 3 days of 8 days in the absence or presence of RU486 ( $10^{-8} \text{ moVL}$ ). Values are the mean ( $\pm$ SEM) of aggregated data from four independent experiments using different EuSC preparations. \*\*\**P*<.001 versus samples without RU486. \*\**P*<.05 versus samples without RU486.

E + P

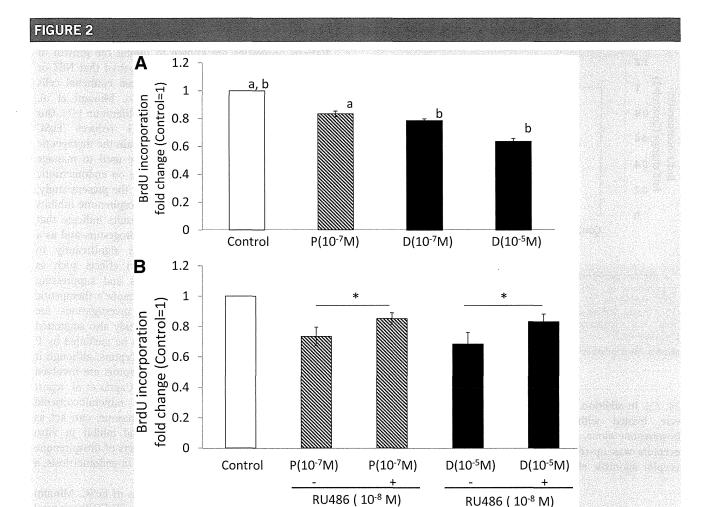
E + P

RU486 (10-8 M)

E+D E+D

Control

Miyashita. Effects of drospirenone on uterus and endometriosis. Fertil Steril 2015.



Drospirenone (D) suppresses DNA synthesis of EcSC and the effect of P receptor antagonist RU486 on DNA synthesis in EcSC treated with drospirenone. (A) EcSC were treated with P ( $10^{-7}$  mol/L) or D ( $10^{-7}$  to  $10^{-5}$  mol/L) for 24 hours. Values are the mean ( $\pm$ SEM) of aggregated data from six independent experiments using different EcSC preparations. Different letters denote significant differences between groups (a: P<.001; b: P<.05). (B) EcSC were treated with P ( $10^{-7}$  mol/L) or D ( $10^{-5}$  mol/L) for 24 hours in the presence or absence of RU486 ( $10^{-8}$  mol/L). Values are the mean ( $\pm$ SEM) of aggregated data from four independent experiments using different EcSC preparations.  $^*P$ <.05 versus without RU486.

Miyashita. Effects of drospirenone on uterus and endometriosis. Fertil Steril 2015.

incorporation (93.6%  $\pm$  8.9% of EcSC transfected with negative control siRNA and treated with drospirenone, mean  $\pm$  SEM; n = 3), which suggests that the effect of drospirenone on reducing DNA synthesis of EcSC may be mediated by P receptors but not by mineralocorticoid receptors (Supplemental Fig. 2).

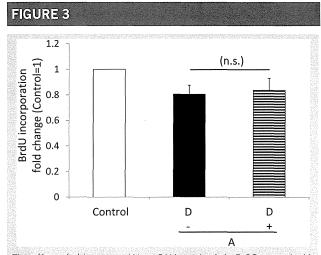
### Effect of Drospirenone on EcSC Apoptosis

The effect of drospirenone on the induction of apoptosis in EcSC was evaluated by annexin V staining. In comparison with controls, the percentage of apoptotic cells in drospirenone-treated cells was not significantly different (Fig. 4).

### DISCUSSION

This is the first study to demonstrate in vitro effects of drospirenone on human endometrial and endometriotic cells. First, we found that drospirenone induces decidualization of EuSC. Second, we demonstrated that drospirenone inhibits the DNA synthesis of EcSC. Third, we demonstrated that these drospirenone effects seem to be mediated by P receptors, not by mineralocorticoid receptors. These findings indicate that drospirenone acts on human endometrium and endometriotic tissue in a way similar to natural P and other progestins.

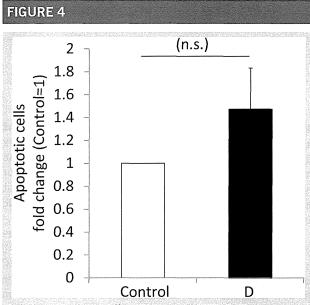
Many progestins such as dienogest (DNG) (18), norethisterone (NET) (19), medroxyprogesterone acetate (MPA) (19–22), and levonorgestrel (LNG) (23) induce human EuSC decidualization. In this study, we used EuSC to demonstrate the dose-dependent effect of drospirenone on decidualization indicators: morphological change and PRL secretion. We further demonstrate mediation of drospirenone effects by P receptors by showing that its effect was negated by P receptor antagonist, RU486. We also found that drospirenone induced P-responsive genes such as FKBP4 and HOXA10, which are known to be responsible for decidualization (data not shown)



The effect of aldosterone (A) on DNA synthesis in EcSC treated with drospirenone (D). EcSC were treated with P ( $10^{-7}$  mol/L) or D ( $10^{-5}$  mol/L) for 24 hours in the presence or absence of A ( $10^{-7}$  mol/L). Values are the mean ( $\pm$ SEM) of the aggregated data from four independent experiments using different EcSC preparations.

Miyashita. Effects of drospirenone on uterus and endometriosis. Fertil Steril 2015.

(24, 25). In addition, decidualization was greater when EuSC were treated with drospirenone and  $E_2$  than with drospirenone alone, which suggests that the expression of P receptors was up-regulated by  $E_2$  (26, 27) and that the P receptor agonistic effect of drospirenone may be enhanced.



Drospirenone did not affect apoptosis of EcSC. EcSC were treated with drospirenone ( $10^{-7}$  mol/L) for 24 hours. Annexin V–positive cells were regarded as apoptotic. The percentage of apoptotic EcSC in drospirenone-treated cells was not significantly different from controls. Values are the mean ( $\pm$ SEM) of aggregated data from six independent experiments using different EcSC preparations.

Miyashita. Effects of drospirenone on uterus and endometriosis. Fertil Steril 2015.

Taken together, it seems that drospirenone acts on the human endometrium via the same receptor as other progestins.

Various progestins are known to inhibit the growth of endometriosis (18, 28-32). Bono et al. reported that NET or LNG suppress proliferation of immortalized epithelial cells derived from ovarian endometrioma (32). Minami et al. demonstrated that NET inhibited EcSC proliferation (31). Our group previously revealed that DNG reduces EcSC proliferation (29). These findings may explain the therapeutic effects of these progestins when they are used to manage endometriosis. The effects of drospirenone on endometriotic cells, however, have not been clarified. In the present study, we demonstrated for the first time that drospirenone inhibits DNA synthesis in human EcSC. These results indicate that drospirenone has similar effects as other progestins and as a constituent of OC probably contributes significantly to managing endometriosis. Other progestin effects such as controlling endometriotic epithelial cells and suppressing ovulation may also contribute to drospirenone's therapeutic effects on endometriosis, but further investigations are required to resolve these questions. Our study also suggested that the effect of drospirenone seemed to be mediated by P receptors but not by mineralocorticoid receptors, although it is still possible that mineralocorticoid receptors are involved in the drospirenone action. Interestingly, Caprio et al. report that drospirenone, when treated with mineralocorticoid agonist such as aldosterone or dexamethasone, can act as mineralocorticoid receptor antagonist and inhibit in vitro adipocyte differentiation (33). Similar effects of drospirenone on mineralocorticoid receptor might exist in endometriosis, a phenomenon that awaits further study.

Drospirenone did not affect apoptosis of EcSC. Minami et al. revealed that NET induced apoptosis of EcSC but natural P did not (31). They speculated that the difference between NET and natural P may be due to off-target effects via steroid receptors rather than P receptors. Whereas natural progestin exerts its effects only through the P receptor, synthetic progestins can also act on other steroid receptors such as androgen and mineralocorticoid receptors. Actions via these receptors may cause apoptosis or other effects that are not induced by natural P. In contrast to NET, drospirenone does not stimulate these receptors, and this may explain why drospirenone does not induce apoptosis in EcSC. This difference may be also caused by off-target effects rather than via binding P receptor, although further studies are warranted.

This is the first study to demonstrate the possible mechanism by which drospirenone controls endometriosis. The anti-DNA synthesis effect of drospirenone on EcSC demonstrated in this study alludes to the possible mechanism by which drospirenone-containing OC reduces the size of endometriomas. Other progestins can have anti-inflammatory or antiangiogenic effects. For instance, DNG inhibits aromatase and cyclooxygenase-2 expression and prostaglandin  $\rm E_2$  production in human EcSC (34). DNG reduces TNF- $\alpha$ -induced interleukin-8 (35) and nerve growth factor (NGF) (36) expression in EcSC. Progestins such as MPA, NET, LNG, and DNG inhibit estrogen-induced vascular endothelial growth factor in EuSC (37). Further investigations will determine whether drospirenone has similar anti-inflammatory and antiangiogenic effects on EcSC.

In conclusion, our study demonstrates that drospirenone induces decidualization of EuSC and reduces the DNA synthesis of EcSC. Further studies to explore the other effects of drospirenone on EuSC and EcSC are warranted to fully appreciate its actions on the human endometrium and endometriosis.

Acknowledgments: The authors thank medical colleagues at the University of Tokyo Hospital for collecting samples and Dr. Kate Hale for editing the manuscript.

### **REFERENCES**

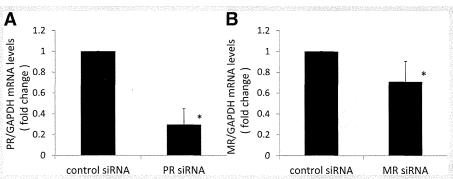
- Fuhrmann U, Krattenmacher R, Slater EP, Fritzemeier KH. The novel progestin drospirenone and its natural counterpart progesterone: biochemical profile and antiandrogenic potential. Contraception 1996; 54:243–51.
- Muhn P, Fuhrmann U, Fritzemeier KH, Krattenmacher R, Schillinger E. Drospirenone: a novel progestogen with antimineralocorticoid and antiandrogenic activity. Ann N Y Acad Sci 1995;761:311–35.
- Oelkers W, Foidart JM, Dombrovicz N, Welter A, Heithecker R. Effects of a new oral contraceptive containing an antimineralocorticoid progestogen, drospirenone, on the renin-aldosterone system, body weight, blood pressure, glucose tolerance, and lipid metabolism. J Clin Endocrinol Metab 1995;80:1816–21.
- Del Forno S, Solfrini S, Ferrini G, Zannoni L, Bertoldo V, Monti G, et al. Do low-dose oral contraceptives have an effect on ovarian endometrioma diameter and endometriosis symptoms? J Endometr Pelvic Pain Dis 2013;5:151–8.
- Mabrouk M, Solfrini S, Frasca C, Del Forno S, Montanari G, Ferrini G, et al. A new oral contraceptive regimen for endometriosis management: preliminary experience with 24/4-day drospirenone/ethinylestradiol 3 mg/20 mcg. Gynecol Endocrinol 2012;28:451–4.
- Maia H Jr, Casoy J, Athayde C, Valente Filho J, Coutinho EM. The effect of a continuous regimen of drospirenone 3 mg/ethinylestradiol 30 microg on Cox-2 and Ki-67 expression in the endometrium. Eur J Contracept Reprod Health Care 2010;15:35–40.
- Otto C, Fuchs I, Altmann H, Klewer M, Walter A, Prelle K, et al. Comparative analysis of the uterine and mammary gland effects of drospirenone and medroxyprogesterone acetate. Endocrinology 2008;149:3952–9.
- Hampton AL, Nie G, Salamonsen LA. Progesterone analogues similarly modulate endometrial matrix metalloproteinase-1 and matrix metalloproteinase-3 and their inhibitor in a model for long-term contraceptive effects. Mol Hum Reprod 1999;5:365–71.
- 9. Noyes RW, Hertig AT, Rock J. Dating the endometrial biopsy. Am J Obstet Gynecol 1975;122:262–3.
- Kodama A, Yoshino O, Osuga Y, Harada M, Hasegawa A, Hamasaki K, et al. Progesterone decreases bone morphogenetic protein (BMP) 7 expression and BMP7 inhibits decidualization and proliferation in endometrial stromal cells. Hum Reprod 2010;25:751–6.
- Yoshino O, Izumi G, Shi J, Osuga Y, Hirota Y, Hirata T, et al. Activin-A is induced by interleukin-1beta and tumor necrosis factor-alpha and enhances the mRNA expression of interleukin-6 and protease-activated receptor-2 and proliferation of stromal cells from endometrioma. Fertil Steril 2011; 96:118–21.
- Urata Y, Koga K, Hirota Y, Akiyama I, Izumi G, Takamura M, et al. IL-1beta increases expression of tryptophan 2,3-dioxygenase and stimulates tryptophan catabolism in endometrioma stromal cells. Am J Reprod Immunol 2014;72:496–503.
- Hirota Y, Osuga Y, Hirata T, Harada M, Morimoto C, Yoshino O, et al. Activation of protease-activated receptor 2 stimulates proliferation and interleukin (IL)-6 and IL-8 secretion of endometriotic stromal cells. Hum Reprod 2005;20:3547–53.
- Koga K, Osuga Y, Tsutsumi O, Yano T, Yoshino O, Takai Y, et al. Demonstration of angiogenin in human endometrium and its enhanced expression in endometrial tissues in the secretory phase and the decidua. J Clin Endocrinol Metab 2001;86:5609–14.

- Irwin JC, Kirk D, King RJ, Quigley MM, Gwatkin RB. Hormonal regulation of human endometrial stromal cells in culture: an in vitro model for decidualization. Fertil Steril 1989;52:761–8.
- Urata Y, Osuga Y, Akiyama I, Nagai M, Izumi G, Takamura M, et al. Interleukin-4 and prostaglandin E2 synergistically up-regulate 3beta-hydroxysteroid dehydrogenase type 2 in endometrioma stromal cells. J Clin Endocrinol Metab 2013;98:1583–90.
- Hasegawa A, Osuga Y, Hirota Y, Hamasaki K, Kodama A, Harada M, et al. Tunicamycin enhances the apoptosis induced by tumor necrosis factorrelated apoptosis-inducing ligand in endometriotic stromal cells. Hum Reprod 2009;24:408–14.
- Okada H, Nakajima T, Yoshimura T, Yasuda K, Kanzaki H. The inhibitory effect of dienogest, a synthetic steroid, on the growth of human endometrial stromal cells in vitro. Mol Hum Reprod 2001;7:341–7.
- Levin JH, Tonetta SA, Lobo RA. Comparison of norethindrone and medroxyprogesterone acetate with natural progesterone and estradiol in stimulating prolactin production from cultured endometrial stromal cells. Am J Obstet Gynecol 1990;163:1932–8.
- Matsumoto H, Sakai K, Iwashita M. Insulin-like growth factor binding protein-1 induces decidualization of human endometrial stromal cells via alpha5beta1 integrin. Mol Hum Reprod 2008;14:485–9.
- Brosens JJ, Hayashi N, White JO. Progesterone receptor regulates decidual prolactin expression in differentiating human endometrial stromal cells. Endocrinology 1999;140:4809–20.
- Mak IY, Brosens JJ, Christian M, Hills FA, Chamley L, Regan L, et al. Regulated expression of signal transducer and activator of transcription, Stat5, and its enhancement of PRL expression in human endometrial stromal cells in vitro. J Clin Endocrinol Metab 2002;87:2581–8.
- Critchley HO, Wang H, Jones RL, Kelly RW, Drudy TA, Gebbie AE, et al. Morphological and functional features of endometrial decidualization following long-term intrauterine levonorgestrel delivery. Hum Reprod 1998;13:1218–24.
- Yang H, Zhou Y, Edelshain B, Schatz F, Lockwood CJ, Taylor HS. FKBP4 is regulated by HOXA10 during decidualization and in endometriosis. Reproduction 2012:143:531–8.
- Das SK. Regional development of uterine decidualization: molecular signaling by Hoxa-10. Mol Reprod Dev 2010;77:387–96.
- Tseng L, Zhu HH. Regulation of progesterone receptor messenger ribonucleic acid by progestin in human endometrial stromal cells. Biol Reprod 1997;57:1360–6.
- Prange-Kiel J, Rune GM, Zwirner M, Wallwiener D, Kiesel L. Regulation of estrogen receptor alpha and progesterone receptor (isoform A and B) expression in cultured human endometrial cells. Exp Clin Endocrinol Diabetes 2001;109:231–7.
- Fu L, Osuga Y, Morimoto C, Hirata T, Hirota Y, Yano T, et al. Dienogest inhibits BrdU uptake with G0/G1 arrest in cultured endometriotic stromal cells. Fertil Steril 2008:89:1344–7.
- Miyashita M, Koga K, Takamura M, Izumi G, Nagai M, Harada M, et al. Dienogest reduces proliferation, aromatase expression and angiogenesis, and increases apoptosis in human endometriosis. Gynecol Endocrinol 2014;30: 644–8.
- Shimizu Y, Takeuchi T, Mita S, Mizuguchi K, Kiyono T, Inoue M, et al. Dienogest, a synthetic progestin, inhibits the proliferation of immortalized human endometrial epithelial cells with suppression of cyclin D1 gene expression. Mol Hum Reprod 2009;15:693–701.
- Minami T, Kosugi K, Suganuma I, Yamanaka K, Kusuki I, Oyama T, et al. Antiproliferative and apoptotic effects of norethisterone on endometriotic stromal cells in vitro. Eur J Obstet Gynecol Reprod Biol 2013;166:76–80.
- 32. Bono Y, Kyo S, Kiyono T, Mizumoto Y, Nakamura M, Maida Y, et al. Concurrent estrogen action was essential for maximal progestin effect in oral contraceptives. Fertil Steril 2014;101:1337–43.
- Caprio M, Antelmi A, Chetrite G, Muscat A, Mammi C, Marzolla V, et al. Antiadipogenic effects of the mineralocorticoid receptor antagonist drospirenone: potential implications for the treatment of metabolic syndrome. Endocrinology 2011;152:113–25.
- 34. Yamanaka K, Xu B, Suganuma I, Kusuki I, Mita S, Shimizu Y, et al. Dienogest inhibits aromatase and cyclooxygenase-2 expression and prostaglandin E(2)

### ORIGINAL ARTICLE: REPRODUCTIVE SCIENCE

- production in human endometriotic stromal cells in spheroid culture. Fertil Steril 2012;97:477-82.
- 35. Horie S, Harada T, Mitsunari M, Taniguchi F, Iwabe T, Terakawa N. Progesterone and progestational compounds attenuate tumor necrosis factor alpha-induced interleukin-8 production via nuclear factor kappa B inactivation in endometriotic stromal cells. Fertil Steril 2005;83:1530–5.
- 36. Mita S, Shimizu Y, Sato A, Notsu T, Imada K, Kyo S. Dienogest inhibits nerve growth factor expression induced by tumor necrosis factor-alpha or interleukin-1beta. Fertil Steril 2014;101:595–601.
- 37. Okada H, Okamoto R, Tsuzuki T, Tsuji S, Yasuda K, Kanzaki H. Progestins inhibit estradiol-induced vascular endothelial growth factor and stromal cell-derived factor 1 in human endometrial stromal cells. Fertil Steril 2011;96:786–91.

## **SUPPLEMENTAL FIGURE 1**



Silencing of P receptor (PR; panel **A**) and mineralocorticoid receptor (MR; panel **B**) in EcSC. EcSC were transfected with PR siRNA, MR siRNA, or negative control siRNA for 7 hours. Total RNA purified from EcSC was reverse transcribed and amplified by real-time polymerase chain reaction using specific primers for PR and MR to confirm the silencing of these genes. Values are the mean ( $\pm$ SEM) of aggregated data from three independent experiments using different EcSC preparations. \*P<.05 versus transfected with negative control siRNA.

Miyashita. Effects of drospirenone on uterus and endometriosis. Fertil Steril 2015.