Adipose tissue loss in adjuvant arthritis is associated with a decrease in lipogenesis, but not with an increase in lipolysis

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Abstract

Adjuvant-induced arthritis is a model of rheumatoid arthritis that induces cachexia. In other cachetic situations, there is an increase in lipolysis resulting in a loss of adipose tissue mass. The aim of this work was to analyse the effect of chronic arthritis, induced by adjuvant injection, on white adipose tissue (WAT). For this purpose, rats were killed 10 days after adjuvant injection, when the first external symptoms appeared, on days 15 and 22 when the external signs of the illness reach their severest level. As arthritis decreases food intake, a pair-fed group was also included. Serum concentrations of insulin, leptin, adiponectin, glycerol and nitrites, as well as gene expression of leptin, adiponectin, hormone-sensitive lipase (HSL), fatty acid synthase (FAS), tumour necrosis factor α and zinc-α2-glycoprotein (ZAG) were determined. Arthritis decreased food intake between days 5 and 16, but not during the last 5 days of the experiment. There was a marked decrease in relative adipose tissue weight and in serum leptin and adiponectin as well as in their gene expression in WAT in arthritic rats. Arthritis decreased the gene expression of FAS in the WAT. However, none of these effects was found in pair-fed rats. Arthritis did not increase lipolysis, since arthritic rats have lower serum concentrations of glycerol, HSL mRNA in WAT, as well as liver ZAG mRNA than the pair-fed or control rats. These data suggest that in chronic arthritis the decrease in white adipose mass is secondary to a reduced adipose lipogenesis, and this effect is not mainly due to the decrease in food intake.

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Introduction

Cachexia is characterized by a marked decrease in body weight and a progressive decrease in adipose tissue and skeletal muscle mass. This debilitating process occurs in many chronic diseases, such as cancer, heart or renal failure, diabetes, as well as in inflammatory diseases such as Crohn’s disease, sepsis and rheumatoid arthritis. Rheumatoid arthritis patients have hypermetabolism and accelerated protein breakdown (Roubenoff et al 1994), and it has been postulated that rheumatoid cachexia is an important contributor to increasing morbidity and premature mortality in those patients (Walsmith et al 2004).

Adjuvant-induced arthritis is a well-established model of rheumatoid arthritis that can be induced in rats by an intradermal injection of Freund’s adjuvant. Ten days after adjuvant injection, rats start to lose body weight even before the external signs of the illness are manifested (López-Calderón et al 1999). On day 22 after adjuvant injection, when the external signs of the illness reach their severest level, the decrease in body weight in arthritic rats is associated with a marked decrease in skeletal muscle and white adipose tissue (WAT) mass (Granado et al 2006).

Muscle wasting in experimental arthritis, as well as in other inflammatory illnesses, seems to be due to enhanced protein breakdown by the ubiquitin–proteasome proteolytic pathway (Lecker et al 2004, Granado et al 2005b). However, the mechanism by which chronic inflammation reduces fat stores is not well known. Fat mass loss can be secondary to an increase in lipolysis and/or a decrease in lipogenesis. Lipolysis in WAT is under hormonal control, where the hormone-sensitive lipase (HSL) is the main regulatory pathway in rodent lipolysis (Holm 2003). In cancer cachexia, both lipolysis and HSL gene expression are increased in rodents and humans (Tisdale 2004, Agustsson et al 2007).

Zinc-α2-glycoprotein (ZAG) is a lipid mobilizing protein that has also been proposed to be one of the causes of cachexia-induced WAT loss (Sanders & Tisdale 2004). ZAG stimulates adipocyte adenylyl cyclase, induces lipolysis and decreases body weight (Russell et al 2004). In vivo ablation of ZAG induces an increase in body weight that correlates with a reduction in adipocyte lipolysis (Rolli et al 2007). ZAG is expressed ubiquitously but it is mainly expressed in the rodent liver (Rolli et al 2007). This protein is overexpressed by several tumours (Todorov et al 1998), and its mRNA is increased in WAT and in the liver of mice with tumour-induced cachexia (Bing et al 2004). For these reasons, increased gene expression of ZAG has been related with cachexia.

In the present study, we examined the effect of chronic arthritis on visceral WAT mass regulation. Serum concentrations
of leptin and adiponectin as well as their gene expression in WAT were measured as they are the main adipokines released by the adipose tissue. As lipolytic factors, HSL and ZAG gene expression as well as serum concentration of glycerol were determined. To evaluate whether decreased lipogenic capacity could play a role in arthritis-induced decrease in body weight, we measured the expression of fatty acid synthase (FAS) in WAT, since this enzyme plays a central role in the novo lipogenesis in mammals.

Materials and Methods

Experimental design
Arthritic and control male Wistar rats were purchased from Charles River (Barcelona, Spain). Arthritis was induced in the rats by an intradermal injection of 1 mg heat-inactivated *Mycobacterium butyricum* in the right paw (day 0). Control animals were injected with mineral oil. After arriving (day 3 after adjuvant injection), rats were housed 3–4 per cage, and maintained under standardized conditions of temperature (20–22 °C) and light (lights on from 0730 to 1930 h). The procedures followed the guidelines recommended by the EU for the care and use of laboratory animals and were approved by the Complutense University animal care committee.

The effect of arthritis on visceral adipose tissue was studied in different stages of the illness, when rats started to develop external signs of inflammation (day 10 after adjuvant injection) and when the illness was established (days 15 and 22). Body weight, food intake and the arthritic index scores were examined daily. Assessment of arthritis was performed by measuring the arthritic index of each animal, which was scored by grading each paw from 0 to 4. Grading was determined as: 0, no erythema or swelling; 1) slight erythema or swelling of one or more digits; 2) swelling of paw; 3) swelling of entire paw and the ankle; and 4) ankylosis, incapacity to bend the ankle. The severity score was the sum of the clinical scores of each limb, the maximum value being 16. On days 10, 15 and 22, eight control and ten arthritic rats were killed by decapitation between 1200 and 1300 h. As arthritis decreases food intake, a control group of eight rats that received the same amount of food (g/100 g bw) eaten by the arthritic rats (pair-fed group) was also included.

Food intake per cage was calculated by measuring the difference between the initial and the remaining amount of pellets in the feeder, and expressed as g per rat per 100 g body weight. The same amount of food consumed by the arthritic rats was given to the pair-fed group the following day. At the end of the experiment, on day 22 after adjuvant injection, pair-fed rats were also killed by decapitation between 1200 and 1300 h. All rats were killed in a separate room, within 30 s after being removed from their cages. Trunk blood was collected in cooled tubes, allowed to clot, centrifuged and the serum was stored at −20 °C until insulin, leptin, glucose and glycerol assays were performed. Immediately after decapitation, spleen and epididymal WAT were weighted. The epididymal WAT and the liver were dissected, frozen in liquid nitrogen and stored at −80 °C until RNA extraction.

Real-time PCR
RNA was extracted by the guanidine thiocyanate method using a commercial kit (Ultraspex RNA, Biocentex Laboratories Inc., Houston, TX, USA). The integrity of the RNA was confirmed using agarose gel electrophoresis. For RT-PCR analysis, 1 μg WAT or liver total RNA was reverse transcribed with Quantiscript Reverse Transcription kit (Qiagen CombHildlen). Primers for PCR (Table 1) were obtained from Roche (Madrid, Spain) using the EXIQON Universal Probe Library (leptin, HSL, FAS, ZAG, adiponectin) or from previously published sequences of tumour necrosis factor-α (TNF-α; Dehoux et al. 2004) and hypoxanthine-guanine phosphoribosyltransferase (HPRT; Peinmequin et al. 2004). Primers were designed to span a single sequence derived from two exons (i.e. separated by an intron in genomic DNA and primary RNA transcripts to minimize amplification).

Each real-time PCR consisted of 10 ng total RNA equivalents, 1× Takara SYBR Green Premix Ex Taq (Takara Bio Inc., Otsu, Shiga, Japan) and 300 nM forward and reverse primers in a reaction volume of 25-5 μl. Reactions were carried out on a SmartCycler (Cepheid, Sunnyvale, CA, USA).

Parameters included an initial activation of hotStarTaq DNA polymerase at 95 °C for 15 s, followed by 40 cycles of denaturation at 94 °C for 15 s, annealing at 60 °C and extension at 72 °C for 30 s. Specific amplification was confirmed by the presence of one single peak in the melting

### Table 1 Primers for real-time PCR

<table>
<thead>
<tr>
<th>Gene</th>
<th>Forward primer (5′–3′)</th>
<th>Reverse primer (5′–3′)</th>
<th>Product (bp)</th>
</tr>
</thead>
<tbody>
<tr>
<td>TNF-α</td>
<td>GCCACAGCCTCTCTTGCTT</td>
<td>GTCGGGCGATGAAACTGAT</td>
<td>100</td>
</tr>
<tr>
<td>Leptin</td>
<td>CCAAGTACATGACATTTTACA</td>
<td>AATGAACTCTAAACGGTGA</td>
<td>71</td>
</tr>
<tr>
<td>Adiponectin</td>
<td>TGGTCACAGGGATACCC</td>
<td>CCCTAGGCAAAGAACACTCT</td>
<td>93</td>
</tr>
<tr>
<td>ZAG</td>
<td>CCTCGATCTCTCCAGGAGAC</td>
<td>AATGGGGGAGGGTGA</td>
<td>101</td>
</tr>
<tr>
<td>HSL</td>
<td>TATCGGCGCTTCGGTGTTA</td>
<td>CGAGCACTGGGAGATGGTTT</td>
<td>81</td>
</tr>
<tr>
<td>FAS</td>
<td>GCACACGCTCGTCTGTAT</td>
<td>AGGTCACGCAAAGAACCTTAT</td>
<td>60</td>
</tr>
<tr>
<td>HPRT</td>
<td>CTCATGGACGTGATTAGGAC</td>
<td>GCAGCTCAAGAAAGGACAGGCC</td>
<td>122</td>
</tr>
</tbody>
</table>
curve plots. In addition, the PCR products were analysed by agarose gel electrophoresis. Results were calculated as per cent of control rats, using the cycle threshold $2^{\Delta C_t}$ method (Livak & Schmittgen 2001) with the HPRT as reference gene.

Serum determinations

Nitrite and nitrate concentrations in serum were measured by a modified method of Griess assay, described by Miranda et al. (2001). Serum was deproteinized to reduce turbidity by centrifugation through a 30-kDa molecular mass filter using a Centrifree Micropartition Device with a YM-30 ultrafiltration membrane (Amicon Division, Millipore Corporation, Bedford, TX, USA), at 15000 r.p.m. for 1 h at 37 °C for 300 μl samples. Mixing of 100 μl filtrated serum with 100 μl vanadium chloride was carried out and was quickly followed by the addition of the Griess reagents. The determination was performed after incubation at 37 °C for 30 min. The absorbance was measured at 540 nm. Nitrite and nitrate concentrations were calculated using a NaNO₂ standard curve and expressed as percentage of the control group.

Serum concentrations of rat leptin and adiponectin were determined by RIA and ELISA using commercial kits from Linco Research Inc. (St Charles, MO, USA) and B-Bridge International Inc. (Otsuka Pharmaceuticals, Japan), following the manufacturer's instructions. Insulin was measured by RIA that has been previously described (Vara & Tamarit-Rodriguez 1988).

Glycerol and glucose levels were determined according to their respective protocol kits (Sigma; and Infinity Glucose Oxidase, Thermo Electron, Louisville, CO, USA).

Statistical analysis

All data are presented as the mean ± S.E.M. Comparisons between means were made by one-way ANOVA and subsequent LSD multiple range test. Because there were no significant differences between data obtained in the control rats killed 10, 15 or 22 days after vehicle injection, they were used as one control group. The TNF-α mRNA data were subjected to log transformation, since variances showed a log-normal distribution. A value of $P < 0.05$ was considered significant.

Results

The arthritis index scores, left paw volume and serum concentrations of nitrite + nitrate are shown in Fig. 1. During the first phase of the illness, until day 10 after adjuvant injection, arthritic rats had a small inflammatory reaction in the injected paw, with arthritis scores between 2 and 3 (Fig. 1A), whereas in the non-injected paw (left paw) the paw volume of the arthritic rats was similar to that of control or pair-fed rats (Fig. 1B). On day 10 the poly-articular inflammation started, reaching the maximum value of arthritis scores (14-7) on days 21 and 22. Coinciding with the increase in the arthritis index score, on days 15 and 22, arthritic rats had higher paw volume ($P < 0.01$) than control rats (Fig. 1B). Pair-fed rats had a paw volume similar to that of control rats. Arthritis increased the serum concentrations of nitrites + nitrates ($P < 0.01$) having the highest levels on day 10 after adjuvant injection (Fig. 1C). On day 22, the serum concentrations of nitrites + nitrates were between those observed on day 10 and in control rats.

Figure 1 (A) Arthritis index score evolution from day 4 to 22 after adjuvant injection, (B) left paw volume and (C) serum concentrations of nitrites + nitrates in control rats fed ‘ad libitum’ (C), pair-fed rats (PF, black triangle) and in arthritic rats 10, 15 and 22 days after adjuvant injection. Arthritis increased the left paw volume ($F_{4,49} = 81$, $P < 0.01$) and the serum nitrite + nitrate levels ($F_{4,47} = 14$, $P < 0.01$). Values shown are the mean ± S.E.M. (n=8–16 rats). *$P < 0.05$, **$P < 0.01$ versus control rats.
Figure 2 shows body weight and the daily food intake from day 4 to 22 after adjuvant injection, as well as spleen and epididymal WAT weights. Arthritic rats had lower body weight than controls from day 5 (Fig. 2A), but on day 10, when the external signs of arthritis started to dramatically increase, the body weight gain in the arthritic rats was even lower than before. Between days 5 and 15, the arthritic rats ate less food than controls (Fig. 2B). The decrease in body weight in the arthritic rats is not only due to the lower food intake but also due to the fact that pair-fed rats had higher body weight than arthritic rats ($P<0.01$). In addition, during the last 5 days of the experiment (days 18–22), arthritic rats ate similar amounts to control rats, but the increase in body weight was lower in arthritic rats than in control or pair-fed rats (Fig. 2A). The spleen weight increased ($P<0.01$) in the arthritic rats from day 10 after adjuvant injection (Fig. 2C) and continued increasing on days 15 and 22. In contrast, arthritis decreased the relative weight of the epididymal WAT in all the days studied ($P<0.01$) in the arthritic rats, whereas no differences were observed between control and pair-fed rats (Fig. 2D). Epididymal WAT weight, in the arthritic rats, progressively decreased on days 10 and 15, and the values on day 22 were similar to those on day 15.

Arthritis decreased ($P<0.05$) the serum concentrations of insulin on days 10 and 15; however, on day 22, the serum concentrations of insulin were similar to those of control rats (Fig. 3A). The serum concentrations of glucose were not modified by arthritis (data not shown). Arthritis also decreased the serum concentrations of leptin and adiponectin on all the days analysed ($P<0.01$, Fig. 3B and C). The pair-fed rats have similar serum concentrations of insulin and leptin, but higher serum adiponectin than control rats.

In the arthritic rats, TNF-$\alpha$ expression in WAT was already increased from day 10 ($P<0.05$) and throughout the rest of the days studied (Fig. 4A). In contrast, leptin gene expression in the epididymal WAT was decreased in arthritic rats to very low levels, 20–30% of control values, in all the days analysed (Fig. 4B). Arthritis also decreased gene expression of adiponectin and FAS in the epididymal WAT on days 10 and 15 ($P<0.01$, Fig. 4C and D). On day 22, FAS and adiponectin mRNA were higher than before, but still lower

![Figure 2](https://example.com/figure2.png)

**Figure 2** (A) Body weight and (B) daily food intake evolution from day 4 to 22 after adjuvant injection in control rats (open circles, continuous line), arthritic rats (black circles, continuous line) and pair-fed rats (black circles, dotted line). (C) Relative weight of spleen and (D) epididymal white adipose tissue (WAT) in control rats fed ‘ad libitum’ (C), pair-fed rats (PF, black triangle) and in arthritic rats 10, 15 and 22 days after adjuvant injection. Arthritis decreased food intake ($F_{1,187}=116$, $P<0.01$), body ($F_{2,742}=406$, $P<0.01$) and WAT weight ($F_{4,47}=29$, $P<0.01$), whereas it increased spleen weight ($F_{4,49}=52$, $P<0.01$). Values shown are the mean ± S.E.M. ($n=8–16$ rats), one-way ANOVA and LSD multiple comparison test. *$P<0.05$, **$P<0.01$ versus control rats, +$P<0.01$ versus pair-fed rats.
than in the control rats. The pair-fed rats had lower leptin mRNA in the epididymal WAT than the control rats ($P<0.05$), but both groups of non-arthritic rats had similar adiponectin and FAS mRNA in epididymal WAT.

HSL mRNA was decreased in arthritic rats ($P<0.05$), but the decrease was significant only on day 15 after adjuvant injection (Fig. 5A). Arthritis decreased the serum concentration of glycerol, but this decrease was significant ($P<0.05$) only on day 22 (Fig. 5B). In pair-fed rats, HSL gene expression in WAT and serum concentrations of glycerol were similar to those of control rats. The effect of arthritis on ZAG gene expression was analysed in the epididymal WAT as well as in the liver (Fig. 5C and D). The ZAG mRNA in the epididymal WAT was not modified in pair-fed or arthritic rats on any of the days studied. In contrast, the ZAG mRNA in the liver of arthritic rats was decreased on days 15 and 22 (Fig. 5).

**Discussion**

Adjuvant-induced arthritis decreased visceral WAT weight as well as food intake. However, the decrease in visceral WAT weight in arthritic rats is higher than the decrease in body weight and food intake. Moreover, the pair-fed rats have lower body weight than the control rats, but had similar relative WAT weight to the control rats. These results indicate that arthritis-induced decrease in WAT weight is not only due to a decrease in food intake, but also related to metabolic alterations that result in a dramatic decrease of adiposity.

Among all factors studied in serum or in WAT, pair-feeding the rats only decreased the gene expression of leptin, although serum concentrations of leptin were not modified. A similar decrease in leptin gene expression in WAT has been recently reported in pair-fed mice of a cancer cachexia model without severe anorexia (Bing et al. 2006). Although the pair-fed and arthritic rats had similar food intake to the control rats between days 18 and 22, their leptin gene expression in WAT is lower than that in the control group. These data suggest that leptin gene expression is very sensitive to the total WAT mass, rather than to the caloric intake.

The decrease in serum leptin and its gene expression in arthritic rats has previously been described in different models of experimental arthritis (Hultgren & Tarkowski 2001, Granado et al. 2005a, Stofkova et al. 2006). A decrease in leptin secretion has also been reported in humans with other chronic inflammatory illnesses, such as tuberculosis or inflammatory bowel disease (van Crevel et al. 2002, Karmiris et al. 2006). Furthermore, long-term incubation with cytokines inhibits leptin mRNA and leptin release from adipocytes (Bruun et al. 2002). The cause of leptin decrease in arthritic rats can be a combination of two factors: the decrease in adipose mass and chronic inflammation. In contrast, the effect of rheumatoid arthritis on leptin is not well known, since contradictory data have been reported. Both a decrease and an increase in serum concentrations of leptin in rheumatoid arthritis patients have been reported (Tokarczyk-Knapik et al. 2002, Otero et al. 2006). An inverse correlation between plasma leptin and the degree of inflammation in rheumatoid arthritis patients has also been reported (Popa et al. 2005). However, most researchers find a correlation between the leptin and the body mass index in
rheumatoid arthritis patients, but not between the leptin and the disease activity (Hizmetli et al. 2007, Wislowska et al. 2007).

The time course of serum nitrite + nitrate was different to those of arthritis scores and paw volume. As has been described previously (Connor et al. 1995, Conforti et al. 2001), serum concentrations of nitrite + nitrate were higher on days 10 and 15 than on day 22, whereas the highest level of paw inflammation and the highest arthritis scores were observed on day 22 after adjuvant injection. Similarly, arthritis-induced changes in serum concentrations of insulin and adiponectin, and gene expression of FAS, adiponectin and the HSL were more evident on day 15 than on day 22 after adjuvant injection. These data suggest that systemic inflammation, contrary to the external signs of inflammation, might be higher on day 15 than on day 22.

The HSL is a rate-limiting enzyme of lipolysis that has been reported to be increased in other inflammatory situations such as sepsis (Sugawara et al. 2003) and cancer (Tisdale 2004). In addition, caloric restriction induces lipid mobilization through induction of HSL in visceral fat (Li et al. 2003). However, adjuvant arthritis did not increase the gene expression of HSL in WAT. On the contrary, this lipase is significantly decreased on day 15 after adjuvant injection. The decrease in HSL is concomitant with the minimum relative weight of epididymal WAT. It is possible that the decrease in WAT mass in arthritic rats was secondary to an increase in the expression of the lipomobilizing protein ZAG, as it has been described in cancer (Bing et al. 2006). However, ZAG gene expression was decreased in the liver of arthritic rats and not modified in WAT. The decrease in ZAG mRNA in the liver occurred on days 15 and 22, when the epididymal WAT weight values were very low. Similarly, in another inflammatory situation, such as LPS administration, ZAG mRNA expression was also decreased in the liver (authors’ unpublished observation).

Other data against the hypothesis that chronic arthritis increases lipolysis are the low serum concentrations of glycerol in arthritic rats. Glycerol and free fatty acids are derived from

\[ \text{Figure 4} \] (A) TNF-\( \alpha \), (B) leptin, (C) adiponectin and (D) FAS gene expression in WAT, in control rats fed ‘ad libitum’ (C), pair-fed rats (PF, black triangle) and in arthritic rats 10, 15 and 22 days after adjuvant injection. The mRNAs were measured by real-time PCR as described in Materials and Methods, and results are expressed as percentage of the control rats. Arthritis increased TNF-\( \alpha \) mRNA levels in WAT (\( F_{4,47} = 5.2, P < 0.01 \)), whereas it decreased those of leptin (\( F_{4,46} = 7.4, P < 0.01 \)), adiponectin (\( F_{4,48} = 64, P < 0.01 \)) and FAS (\( F_{4,43} = 11, P < 0.01 \)). Values shown are the mean ± S.E.M. (n = 8–16 rats), one-way ANOVA and LSD multiple comparison test. *P < 0.05, **P < 0.01 versus control rats.

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Triglycerides when they are hydrolysed by lipolysis. Serum glycerol levels are increased in processes such as cancer (Agustsson et al. 2007). Accordingly, serum glycerol has been measured as an index of in vivo lipolytic activity. As observed with the gene expression of the two lipolytic factors (HSL and ZAG) in arthritic rats, the serum concentrations of glycerol are not elevated, but they are decreased on day 22 after adjuvant injection. All these data suggest that arthritis does not increase lipolysis, on the contrary it seems to decrease it. Similarly, in burned rats, the atrophy of the WAT is associated with a decrease in catecholamines-induced lipolysis (Ikezu et al. 1999), and the alterations in lipid metabolism are concomitant with an increase in adipocyte apoptosis (Yasuura et al. 2006). Between the possible factors that mediate the apoptosis response, the aforementioned authors postulated that prolonged elevation of cytokines in adipose tissue can be the cause.

Taking into account that insulin increases the gene expression of FAS (Mounier & Posner 2006), the increase in FAS mRNA in arthritic rats on day 22, in relation to day 15, can be secondary to the normalization in serum concentrations of insulin. Food intake is another factor that is much related with FAS gene expression. Food deprivation decreases FAS activity in WAT, whereas refeeding dramatically increases FAS activity over control values (Karbowska et al. 2001, Kochan et al. 2006). However, on day 22, the arthritic rats still had lower FAS mRNA in epididymal WAT than control rats, although their food intake during the last 5 days and the serum concentrations of insulin on day 22 were similar to those of control rats.

It has been suggested that in cancer cachexia, loss of WAT mass is related to anorexia and to a decrease in food intake, whereas skeletal muscle loss is more related with increased...
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