

HISTOPATHOLOGICAL CHANGES IN LUNG TISSUE CAUSED BY DIABETES: A REVIEW

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ABSTRACT

Diabetes mellitus (DM) associated with oxidative stress and inflammation can affect many organs. While the effects of diabetes on many organs are well known and documented, its mechanisms of action on the lung are known far less.

Hyperglycemia can lead to lung damage by increasing oxidative stresses and inflammation. Diabetes may be a trigger for pulmonary fibrosis, as studies suggest that there may be an important link between pulmonary fibrosis and diabetes.

In this review, the histopathological changes caused by diabetes in the lung tissue were summarized. In addition, changes in the lung due to inflammation, oxidative stress and pulmonary fibrosis mechanisms were evaluated.

Keywords: Lung, Diabetes mellitus, Fibrosis, Oxidative stress, Inflammation

INTRODUCTION

Diabetes develops as a result of a lack of / decreased insulin secretion, decreased insulin action, or decreased sensitivity of insulin receptors. Considering the etiology of the disease, immunological, genetic and environmental factors are known to be effective (1-3).

With a better understanding of the etiopathogenesis of diabetes mellitus, significant progress was made in respect of its classification and diagnosis. It can be classified as: type 1 diabetes, type 2, gestational and

specific types of diabetes (4). Diabetes has different effects on many organs. Diabetes can cause complications such as retinopathy, nephropathy, neuropathy, cardiovascular and peripheral vascular diseases (5, 6). Diabetes is a disease that affects all systems associated with oxidative stress and inflammation (7). There is also evidence that diabetes affects the lungs (8, 9). In addition, patients with diabetes are at increased risk for other lung diseases (pneumonia, pulmonary fibrosis, etc.) (10, 11). However, functional abnormalities and

pathophysiologic changes in the lung tissue due to diabetes are ignored. Studies have shown that diabetes targets the lungs, alters their pathophysiology where inflammation is an important factor (12, 13). In addition, the deterioration of the oxidant/antioxidant balance is another factor (14). The lung has an extensive alveolar-capillary network (15). Studies examining the pathophysiological changes caused by diabetes have shown that diabetes causes hypoxia by causing a decrease in lung microvasculature, and that diabetes aggravates hypoxia in people with chronic lung disease (16, 17). These studies support that the lung is a structure affected by diabetic microangiopathy in diabetes (1, 15). Peripheral airway dysfunction has been demonstrated in type 1 diabetes (without other cause) (1). In addition, the interaction between diabetes and the Coronavirus Disease 2019 (COVID-19) was also investigated. The association between DM and poor outcome in patients with COVID-19 pneumonia was studied. These studies found that patients with diabetes are at heightened risk for severe COVID-19 symptoms (18). Patients with diabetes have a higher COVID-19-related mortality with severe COVID-19 symptoms being associated with ARDS (acute respiratory distress syndrome) and disease progression (19). For this reason, COVID-19 also poses a risk to diabetic patients, who should be monitored more closely. This leads scientists once again to understand the possible mechanism of action of diabetes on the lungs. In this review, the histopathological changes caused by diabetes in the lung tissue; lung function, oxidative stress, inflammation and fibrosis in diabetes are evaluated.

Lung Histology

The respiratory part of the lung consists of the respiratory bronchiole, alveolar duct, alveolar sac, and alveoli. The parts of the lung where gas exchange and respiration take place are the alveolar sacs. The histology of alveolar sacs is briefly as follows:

The alveolar epithelium contains type I pneumocytes, type II pneumocytes and brush cells. Besides these cells, there are also club cells and alveolar macrophages. Type I pneumocytes constitute the majority of the alveolar epithelium. They are flat, squamous epithelium resembling plate-like structures that allow gas exchange. Type II pneumocytes make up a smaller portion of the alveolar wall. Their numbers are low, but they are vital because they

secrete pulmonary surfactant. Histologically, these cells have foamy cytoplasm resulting from surfactant. Type II pneumocytes are also mitotically active. Type II pneumocyte cells can be recognized by their rounded shape protruding into the alveolar space. Alveolar macrophages (or dust cells) may be free within the alveolar space or attached to the alveolar wall. If particles descend into the acini, macrophages are the last defenders of the respiratory epithelium (20).

Diabetes and Lung Histopathology

The histopathological changes caused by diabetes have been demonstrated clinically and in experimental models. The histopathological changes in the lung tissue of different living beings are as follows:

In an experimental study, rats induced with diabetes by streptozotocin (STZ) and rats administered bleomycin were studied for comparison and evaluation. There was lymphocyte infiltration, fibrosis, and organizing pneumonia in the STZ group. Focal alveolar damage and fibrosis were observed in the bleomycin group. For this reason, it was thought diabetes induced by STZ could cause pulmonary damage with organizing pneumonia (21). Another study revealed histopathologic findings such as thickness in the intralveolar septum of the lung tissue, lymphocyte infiltration, shedding in the bronchial epithelium and hyperemia (17). Light microscopic examination of rats with STZ-induced diabetes revealed changes in lung structure such as increased thickness of alveolar septa, high polymorphonuclear leukocytes (PMN) count in the alveolar wall, and increased lung fibrosis (22) (Figure 1). Similar histopathological findings were uncovered in the lungs of gerbils induced with diabetes with STZ (11). In addition to these findings, histopathologic examination of cats with diabetes revealed increased smooth muscle volume, mineralization, neoplasia, and pulmonary abnormalities such as increased type II pneumocyte count (23). Lungs from autopsied cases were compared for histopathologic examination in the diabetic and nondiabetic groups. Significant alveolar wall thickening was observed in diabetic patients. These studies suggest that histopathological changes in the lung (microangiopathy) may be a cause of pulmonary dysfunction (9). Diabetic and normal lung structures are as follows (Figure 1):

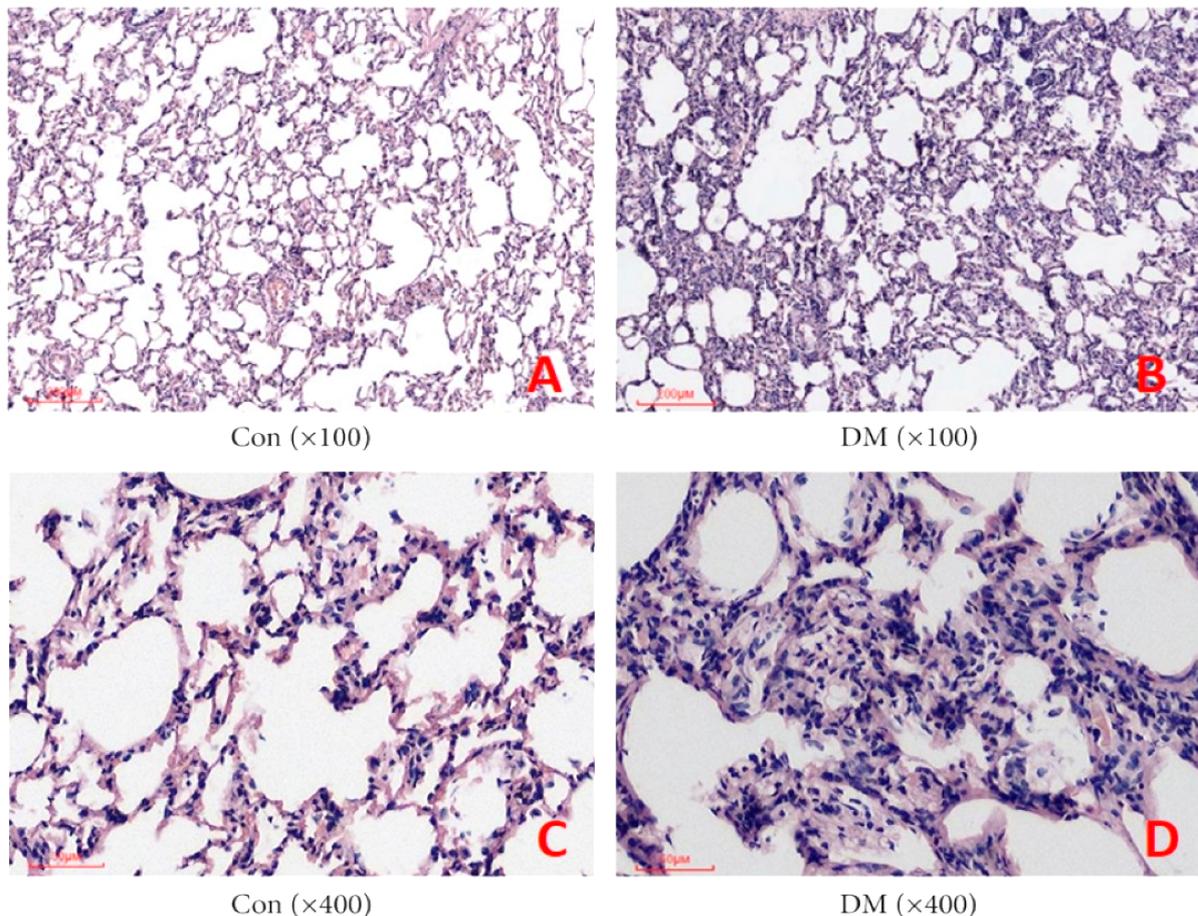


Figure 1. Lung tissue histopathological changes. A and C: healthy lung tissue (control (con) group); B and D: lung tissue with STZ-induced diabetes (Diabetes Mellitus (DM) group). Alveolar walls in the lung tissue in the control group (A and C) are of uniform shape and size. Hemorrhage and inflammatory infiltration are not observed. In the DM group, the alveolar septum was extensively thickened, inflammatory cell infiltration and hemorrhage occurred (hematoxylin-eosin) (24).

Lung Functions in Diabetes

Abnormalities due to functional changes in the lungs caused by diabetes have been revealed by studies (16, 22). These abnormalities manifest as decreases in elasticity, lung volume, and gas transfer (1). In diabetes, inflammatory infiltrates, edema, hemorrhage, and obstruction occur (25, 26). There are some data showing that microvascular reserve decreases and chronic hypoxia increases in the lungs of patients with diabetes. However, the underlying mechanism is not yet fully known. Due to the accumulation of collagen in the lungs, abnormalities such as stiffness may be observed in the lung parenchyma (17, 27, 28). It has been shown that diabetes causes significant decreases in pulmonary function levels measured by spirometry in patients (15, 29). A meta-analysis study examined data from

respiratory function tests (PFT) performed on 3182 diabetic patients and 27,080 control group patients. The results showed impaired lung function. Pulmonary function levels were significantly reduced in patients with DM (30).

Diabetes and Pulmonary Fibrosis

Pulmonary fibrosis is a disease that can be defined by excessive proliferation of fibroblasts, increase in matrix proteins, accumulation of collagen in the tissue and epithelial cell damage. Pulmonary fibrosis generally has a high mortality rate (31).

Diabetes may be a trigger for pulmonary fibrosis, as studies suggest that there may be an important link between pulmonary fibrosis and diabetes; (10) however, the mechanisms underlying this link are still being studied. There is a link between hyperglycemia

and fibrosis, and the cellular pathways necessary to clearly explain this association are still being studied (21, 32).

An experimental study showed the presence of inflammatory cells in a histological analysis of diabetic patients. An increase in extracellular matrix was detected in the diabetic group, indicating the presence of tissue fibrosis (14).

Another experimental study showed that diabetes caused changes such as thickening of the alveolar septum, an increase in type II pneumocytes, and an increase in Hcy and cathepsin G levels in rats. These histopathologies and biochemical parameters indicate the presence of pulmonary fibrosis (22).

Wnt, a glycoprotein, controls many physiological events (tissue homeostasis, cell proliferation and migration, etc.). There are studies showing that the Wnt/ β -catenin pathway plays a role in many tissue fibrosis as well as in pulmonary fibrosis. It is especially effective on processes such as epithelial mesenchymal transition and epithelial cell transformation (33-35).

In experimental models of pulmonary fibrosis, inhibition of the Wnt/ β -catenin pathway has been reported to significantly improve pulmonary fibrosis. Therefore, the Wnt/GSK-3 β / β -catenin pathway is thought to play an important role in the progression of pulmonary fibrosis (36, 37). In addition, another study found that silencing CIP4 (Cdc42-interacting protein-4) had a mitigating effect on STZ-induced pulmonary fibrosis. It was found that this was done by inhibition of the Wnt/GSK-3 β / β -catenin pathway (31).

Diabetes, Lung, Oxidative Stress and Inflammation

Hyperglycemia can lead to lung damage by increasing oxidative stresses and inflammation (38). Mechanisms explaining such diabetes-induced lung tissue damage include: increased glucose influx via polyol, increased advanced glycation end products (AGEs) in the cytoplasm, protein kinase C isoform activation, and hexosamine pathway activation. It is estimated that the activation of these mechanisms may be due to the increase in mitochondrial reactive oxygen species (17, 39). Looking at oxidative stress associated with diabetes, several studies show that the formation of free radicals due to hyperglycemia and thus oxidative stress causes diabetes-related complications (40). Also, the mechanisms through which deterioration in glycemic control can lead to a

decline in pulmonary function may also progress with systemic inflammation (41).

PMN (polymorphonuclear leukocytes) leukocytes play an important role in lung defense. When activated, PMN cells secrete reactive oxygen species, some proteolytic enzymes and cytotoxic substances such as chemokines and cytokines. This can damage the lung and cause acute inflammation (22, 42, 43).

In short, ROS increases inflammation by stimulating some enzymes whose activity increases due to stress. ROS can induce proinflammatory cytokine expression by stimulating transcription factors (for instance, nuclear factor kappa B (NF- κ B) (44)). It is thought that TNF- α may also play a role in diabetes. TNF- α , which activates intracellular NF- κ B, regulates adhesion molecules and increases oxidative stress. In this way, oxidative stress can cause a stimulus pathway to affect glucose metabolism (45, 46).

Chronic hyperglycemia can also cause an increase in collagen molecule synthesis due to the increase in advanced glycation end products, which can negatively affect the lung and its functions (45). Therefore, targeting oxidative stress and inflammatory cytokine signaling pathways is predicted to be suitable for the treatment of diabetes (44).

An increase in pulmonary oxidative stress is known to be observed in rats with streptozotocin-induced DM. These effects may be due to the action of free radicals on cell membrane structures in lung tissue (47). Examination of lung tissue from rats with DM using an electron microscope revealed that it had ultrastructural alterations such as increased basement membrane thickness, increased pulmonary fibrosis, and abnormalities with type II pneumocytes. It has been demonstrated that administration of exogenous SOD to these rats restored the ultrastructure of the lung tissue to near-normal state (48).

NLRP3 Inflammation

Chronic diseases can produce cellular or metabolic inflammation. However, it is thought that the opposite of this, namely inflammation, also affects the formation and progression of chronic diseases. Increasing evidence has shown an association between diabetes mellitus and chronic inflammation caused by high levels of proinflammatory cytokines (49). For this reason, NLRP3 (NOD-like receptor family pyrin domain-containing protein 3), which is

one of the intracellular receptors involved in the inflammatory response, and the inflammasome complex it forms are thought to be associated with diseases. Pathogen-related stimuli or non-pathogen stimuli induce or suppress the NLRP3 inflammasome in the formation of an inflammatory response (50). In response to these stimuli, caspase-1 is activated. Activated caspase-1 also activates the precursor forms of the cytokines IL-1 β (interleukin-1 β) and IL-18 (interleukin-18). Thus, inflammatory responses mediated by IL-1 β and IL-18 are activated. Although NLRP3 activation is important for the immune response, its overactivation can cause inflammatory diseases and cell death (51).

In a study, it was found that NLRP3 mRNA was expressed at the highest level in the lung after the spleen (52). Pulmonary macrophages and lung epithelial cells express NLRP3 and produce IL-1 β in response to various stimuli (53). It is known that NLRP3 plays a role in various lung pathologies (54). Activation of the NLRP3 inflammasome is thought to contribute to many inflammatory conditions. It is suggested that the NLRP3 inflammasome also plays a key role in the development of DM. It is known that NLRP3 inflammation participates in transformed growth factor β 1, bleomycin-induced pulmonary inflammation and fibrosis (55,56), indicating that pulmonary fibrosis and NLRP3 inflammation are closely related (57). Pulmonary fibrosis accompanied by an increase in NLRP3 in the lungs was observed in a rat DM model lasting 12 weeks (58). In a rat model of DM, increased lung NLRP3 inflammatory, NLRP3 and caspase-1 protein expressions and pulmonary fibrosis in the lung were observed at both the sixth and twelfth weeks. It has also been implicated in diabetes-induced lung damage throughout the course of the disease, not just at the onset of diabetes. Inflammation is thought to be an important cause of pulmonary fibrosis (57).

NLRP3 has been shown to be activated in various tissue damages associated with DM (54,59,60). In addition, it is known that NLRP3 plays a role in various lung pathologies (54). Fibrosis can be seen in the lungs in DM. NLRP3 inflammasome plays a very important role in pulmonary fibrosis. Conducting new studies on NLRP3 inflammasome in lung pathology associated with DM may be promising for future treatments.

CONCLUSION

Chronic hyperglycemia can cause functional damage or failure in many organs. While damage to the lung caused by hyperglycemia can be overlooked. Histopathological changes such as thickening of alveolar septa, increase in PMN in the alveolar wall, and increase in pulmonary fibrosis were observed in experimental animals induced with diabetes. It is known that formation of free radicals due to hyperglycemia, resulting in oxidative stress and inflammation, can cause diabetes and related complications. It is important to clarify the pathways by which oxidative stress and inflammation in diabetes exert their damaging impact on lung tissue. This review examined the mechanisms of diabetes leading to histopathological changes, oxidative stress, and inflammation in lung tissue. We believe that oxidative damage due to hyperglycemia and pathophysiological mechanisms associated with inflammation should be considered in diabetic patients as well as in patients with COVID-19 in particular, with regards to lung damage.

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