

Altered Expression of Circulating *miR-223-3p* in Patients with Idiopathic Recurrent Pregnancy Loss: A Case and Control Study

Parisa Ostad Hasanzadeh Maleki, Ph.D.¹, Saeid Ghorbian, Ph.D.^{1*} , Jafar Mohseni, Ph.D.², Sedigheh Abdollahi Fard, Ph.D.², Changiz Ahmadizadeh, Ph.D.³

1. Department of Molecular Genetics, Ahar Branch, Islamic Azad University, Ahar, Iran

2. Genetics Errors of Fertility Research Center, ART Center of ACECR East Azerbaijan Branch, East Azerbaijan ACECR, Tabriz, Iran

3. Department of Microbiology, Ahar Branch, Islamic Azad University, Ahar, Iran

Abstract

Background: Circulating microRNAs (miRNAs or miRs) are key regulators of a wide array of biological processes that aberrantly express under physiological as well as pathological conditions. This study aims to determine whether altered expression of circulating *miR-223-3p* in plasma is associated with an increased risk of idiopathic recurrent pregnancy loss (iRPL), and if it could be a novel non-invasive biomarker for diagnosis of iRPL.

Materials and Methods: In this case and control study, Plasma samples were obtained from 60 women with a history of ≥ 2 consecutive miscarriages and 60 women with at least one full-term pregnancy and no history of miscarriage. The samples were used to assess the expression of circulating *miR-223-3p* by quantitative real-time polymerase chain reaction (qPCR) and determine the correlation between patient clinico-demographic parameters and *miR-223-3p* expression levels. We used receiver operating characteristic (ROC) curve analysis to evaluate the diagnostic accuracy of *miR-223-3p* for the diagnosis of iRPL.

Results: There was significant up-regulation in *miR-223-3p* expression in patients with iRPL compared with healthy controls ($P=0.002$). No significant correlation was found between the expression level of *miR-223-3p* and the number of miscarriages in iRPL patients ($P=0.344$). ROC curve analysis revealed that the area under the curve (AUC) value for *miR-223-3p* was 0.658 [95% confidence interval (95% CI): 0.5590.757, $P=0.002$].

Conclusion: These results suggest that a higher expression level of circulating *miR-223-3p* may be closely related with the increased risk of iRPL and possibly serve as a promising non-invasive diagnostic biomarker for iRPL.

Keywords: Biomarker, microRNAs, *miR-223-3p*, Recurrent Pregnancy Loss

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Introduction

The European Society of Human Reproduction and Embryology and the American Society of Reproductive Medicine guidelines define recurrent pregnancy loss (RPL) as two or more consecutive clinically recognised pregnancies that involuntarily end in the first trimester of gestation (1, 2). It is an emotionally challenging experience that affects approximately 2-5% of reproductive-aged couples who aim to conceive (3). There is a consensus that RPL is a multifactorial disorder influenced by changes in multiple genes in combination with lifestyle and environmental factors (4). Potential risk factors that have been identified are parental and embryonic chromosomal abnormalities, uterine anatomical defects, hormone imbalances, metabolic disorders, immune dysfunction,

maternal inherited thrombophilias, and infections (5, 6). However, the underlying causes of RPL in the majority of cases are unexplained (3).

Our understanding of the pathogenesis of human diseases and underlying cellular and molecular pathways and processes has grown exponentially since the discovery of the first small non-coding RNA in the nematode *Caenorhabditis elegans* (7). MicroRNAs (miRNAs or miRs) are a class of highly evolutionarily conserved small (~205 nucleotides) single-stranded non-coding RNA molecules that strictly regulate the expression of protein-coding genes at the post-transcriptional level (8, 9). miRNAs exert their regulatory effects by repressing translation and/or inducing mRNA degradation through interacting in a sequence-specific manner with comple-

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*Corresponding Address: P.O.Box: 5451116714, Department of Molecular Genetics, Ahar Branch, Islamic Azad University, Ahar, Iran
Emails: s_ghorbian@iau-ahar.ac.ir, ghorbian20@yahoo.com



mentary sites located predominantly in the 3'-untranslated regions of their target mRNAs (10). Both experimental and computational studies show that a single mRNA can be targeted by multiple miRNAs and each miRNA has the potential to regulate up to hundreds of different mRNA molecules (11). At least 60% of the protein-coding genes in the human genome are predicted to be under direct control of miRNAs (12). Therefore, it is conceivable that miRNAs may play crucial roles in coordinating the fundamental biological processes of cell growth, proliferation, differentiation, survival, and apoptosis (13-16). miRNAs are crucial mediators of maternal communication during pregnancy, and they play a role in the establishment and maintenance of pregnancy (17, 18). It is not surprising that altered miRNAs expression patterns can contribute to various pathophysiological conditions, especially RPL (19, 20). Although miRNAs are abundant intracellularly, they are also present in extracellular body fluids such as plasma, serum, urine, saliva, amniotic fluid and seminal fluid in remarkably stable forms (21). Intriguingly, extracellular miRNAs have been shown to influence expression levels of genes related to physiological and pathological events (22). Recent studies show the significance of extracellular miRNAs as reliable non-invasive biomarkers for the diagnosis of human diseases (22, 23).

A series of circulating miRNAs with aberrant expression levels in the plasma of patients who suffer from RPL has been reported (24-26). In humans, the gene encoding *miR-223-3p* is located within the q12 locus of the X chromosome (27). Recent studies have shown that over-expression of *miR-223-3p* during implantation may contribute to the pathogenesis of idiopathic RPL (iRPL) (28-32). To the best of the author's knowledge, no study to date has investigated the relation between the altered expression of circulating *miR-223-3p* and RPL in Iranian women. So, the present study intends to quantify the expression levels of circulating *miR-223-3p* in plasma samples of Iranian women with iRPL compared to healthy subjects and determine its correlation with clinico-demographic features.

Materials and Methods

Study subjects

This was a case-control study. We recruited 60 women, age 34.60 ± 3.96 years (range: 20-42) who had a history of at least two consecutive failed clinically recognised pregnancies and live births miscarriages: 3.27 ± 0.86 , range 25) for the experimental group. The control group consisted of 60 race/ethnicity-matched women, age 29.97 ± 5.54 years (range: 18-41), who had at least one previous uncomplicated term pregnancy and no history of miscarriage successful pregnancies: 1.91 ± 0.67 , range 13). The women were evaluated at the assisted reproductive technology (ART) and Stem Cell Research Centre, Tabriz, Iran, between April 2018 and March 2020. Patients who had any of the following cri-

teria were excluded from the study: chromosomal abnormalities, uterine anatomical anomalies, autoimmune diseases, endocrine and metabolic disorders, hereditary thrombophilia or genital infections (TORCH syndrome). A structured questionnaire form was designed to collect demographic and medical data such as age, number of live births, stillbirths, miscarriages, ectopic pregnancies and history of infertility treatment from all participants. The Institutional Review Board/Ethics Committee of the Tabriz Islamic Azad University of Medical Science approved the study protocol (IR.IAU.TABRIZ.REC.1398.084). Written informed consent was obtained from all subjects prior to the interview and blood sample collection in accordance with the provisions of the Declaration of Helsinki.

RNA extraction and microRNA reverse transcription

Peripheral blood samples (~5 mL) were obtained from all subjects by venipuncture and placed in EDTA-containing vacutainers. Blood samples were centrifuged at 12000 xg for 10 minutes at 4°C to separate the plasma and the resultant supernatant was transferred to another microtube. All cellular debris and/or residual intact cells were removed by centrifuging the harvested plasma samples at 3000 xg for 5 minutes at 4°C. The pure plasma samples were transferred to new 1.5 ml DNase/RNase-free microtubes and stored at -80°C until further use. In order to extract the circulating RNAs, plasma samples were incubated on ice until they completely thawed. The circulating RNAs were extracted using the miRCURYTM RNA Isolation Kit-Biofluids (Exiqon Vedbaek, Denmark) according to the manufacturer's instructions and then treated with RNase-free DNase I (Thermo Fisher Scientific, USA). The quantity, quality, and integrity of the extracted RNA were determined using a NanoDrop® ND-1000 spectrophotometer (NanoDrop Technologies, LLC, Wilmington, DE, USA) and agarose gel electrophoresis. Finally, 1 µg of the extracted RNAs were reverse-transcribed into cDNA using a Reverse Transcription System Kit (ZistRoyesh, Iran) with miRNA specific stem-loop primers according to the manufacturer's recommendations.

Quantitative real-time polymerase chain reaction

The expression level of circulating *miR-223-3p* in all of the plasma samples was examined by SYBR® Green I-based qPCR in a StepOnePlus™ Real-Time PCR System (Applied Biosystems, Foster City, CA, USA). All quantitative real-time polymerase chain reaction (qPCR) assays were performed independently, in triplicate using an AccuPower® 2X GreenStar™ qPCR Master Mix (Bioneer, Inc., Seoul, South Korea) and miRNA-specific primers, according to the manufacturer's protocol. The PCR reaction mixture final volume: 25 µl consisted of 100 ng cDNA, 12.5 µL of 2X SYBR Green PCR Master Mix (Bioneer Inc., South Korea), and 10 pmol of specific primer pairs for *miR-*

223-3p and the housekeeping gene *U6* small nuclear RNA (snRNA). The desired fragments were amplified using the following thermal cycling program: an initial denaturation step at 95°C for 30 seconds, 40 cycles at 94°C for 5 seconds, and 60°C for one minute. The following primer sequences were used:

miR-223-3p-

F: 5'-TAAAGCAACCGAGCACTGAGA-3'
R: 5'-ACGGTAGAGGTCCTTTCTTTG-3'

U6 snRNA-

F: 5'-CTCGCTTCGGCAGCACACA-3'
R: 5'-AACGCTTCACGAATTTGCGT-3'

The housekeeping gene *U6 snRNA*, as an internal reaction control, was used to normalise the variability of *miR-223-3p* expression. In order to avoid possible contamination, a no template control was used as a negative control. Relative changes in expression levels of *miR-223-3p* were determined by the comparative $2^{-\Delta\Delta CT}$ method.

Statistical analysis

Statistical analysis was performed by IBM SPSS Statistics for Windows, version 22.0 (IBM Corp., Armonk, NY, USA) and all continuous variables were expressed as mean \pm standard deviation (SD). The distribution of the data was checked for normality using the Kolmogorov-Smirnov test. The student's t test was used to compare mean expression levels of circulating *miR-223-3p* between the iRPL patients and healthy controls. The correlations between the expression levels of circulating *miR-223-3p* and clinico-demographic parameters were determined by Pearson's correlation coefficient. $P < 0.05$ were considered to be statistically significant. Finally, the diagnostic accuracy of circulating *miR-223-3p* was assessed by GraphPad Prism version 9.1.1 (GraphPad Software Inc., San Diego, CA, USA) to discriminate between patients with iRPL and healthy individuals.

Results

Expression levels of circulating *miR-223-3p* in idiopathic recurrent pregnancy loss patients and healthy subjects

We quantified the expression levels of circulating *miR-223-3p* in plasma samples of women with iRPL and healthy controls by qPCR. The Kolmogorov-Smirnov test results showed that the expression levels of circulating *miR-223-3p* had a normal distribution ($P > 0.05$). Figure 1 shows a significant upregulation in expression levels of circulating *miR-223-3p* in the plasma samples from the iRPL patients (18.32 ± 2.84) compared with the healthy controls (8.34 ± 1.24) with a 95% confidence interval (95% CI) of 3.847-16.195 ($P = 0.002$). The fold change in circulating *miR-223-3p* expression was assessed by the $2^{-\Delta\Delta CT}$ method. As shown in Figure 2, the relative expression levels of circulating *miR-223-3p* were significantly higher in

the iRPL group compared with healthy subjects (fold change: 7.068, $P = 0.013$).

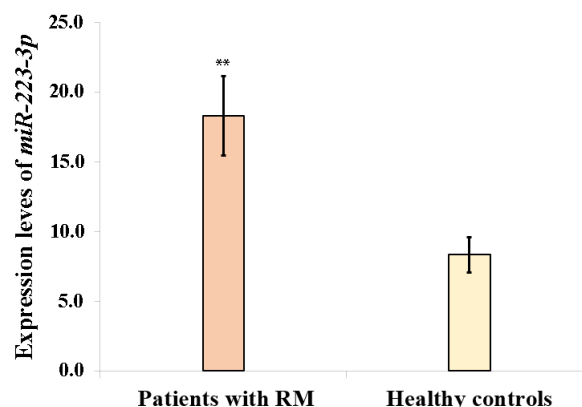


Fig.1: Expression of circulating *miR-223-3p* in iRPL patients and healthy controls. The plasma levels of *miR-223-3p* in patients with iRPL are significantly higher than those in healthy controls (CI= 0.559-0.757, $P = 0.002$). iRPL; Idiopathic recurrent pregnancy loss and RM; Recurrent miscarriage (**; $P < 0.01$).

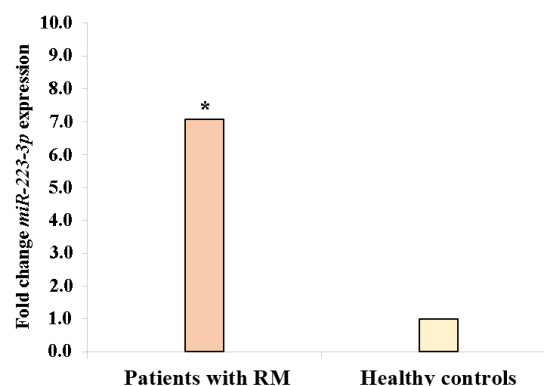


Fig.2: The fold change in expression of circulating *miR-223-3p* in iRPL patients and healthy controls. There is a higher relative expression of circulating *miR-223-3p* in the iRPL patients compared with healthy controls (fold change=7.068, $P = 0.013$). iRPL; Idiopathic recurrent pregnancy loss and RM; Recurrent miscarriage (*; $P < 0.05$).

Correlation between plasma levels of *miR-223-3p* and clinico-demographic parameters

We analysed the correlations of circulating *miR-223-3p* expression in iRPL patients with age and the number of miscarriages. Our data demonstrated that there was no significant correlation between the expression levels of circulating *miR-223-3p* in iRPL patients in terms of age ($r = 0.165$, $P = 0.208$). No correlation was found between the number of abortions and expression levels of circulating *miR-223-3p* in iRPL patients ($r = 0.124$, $P = 0.344$).

Diagnostic accuracy of circulating *miR-223-3p*

The diagnostic value of circulating *miR-223-3p*, as a potential non-invasive biomarker for diagnosis of iRPL, was assessed by receiver operating characteristic (ROC) curve analysis. The area under the curve (AUC) value of circulating *miR-223-3p* was 0.658 (95% CI: 0.5596-0.7579, $P = 0.002$), with a sensitivity of 60% and specificity of 70% at a cut-off of 8.545 (Fig.3).

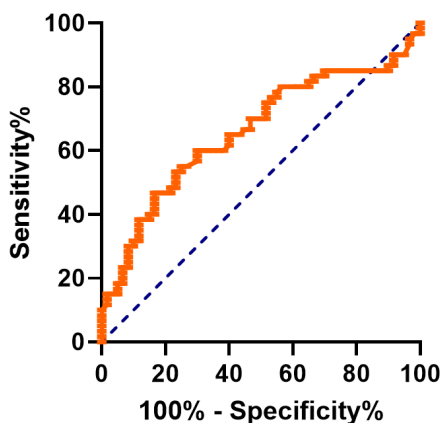


Fig.3: Diagnostic value of circulating *miR-223-3p* according to ROC curve analysis. The AUC value of circulating *miR-223-3p* is 0.658 (95% CI: 0.55960.7579, $P=0.002$), with a sensitivity of 60% and specificity of 70% at a cut-off of 8.545. ROC; Receiver operating characteristic, AUC; Area under the curve, and CI; Confidence interval.

Discussion

Extensive efforts have been made to better understand the molecular mechanisms involved in the pathogenesis of RPL with a special focus on polymorphisms and expression levels of certain genes. Among them, miRNAs have attracted substantial attention in the field of reproductive medicine because of their fine-tuning properties (33, 34). A set of circulating miRNAs have been recently identified as potential non-invasive biomarkers for more effective clinical diagnosis and management of RPL (24-26). *miR-223-3p* is initially thought to be a hematopoietic-specific miRNA that regulates myeloid lineage development, but it has been suggested that *miR-223-3p* expresses in many different cell types and is closely related to a broad range of pathological processes (35-37). To date, there is limited information regarding the role of *miR-223-3p* in reproductive functions. Chen et al. (38) reported that *miR-223-3p* alleviates TGF- β -induced cell migration, invasion, the epithelial-mesenchymal transition process, and extracellular matrix deposition in endometrial epithelial cells by targeting SP3. Dong et al. (28) reported that *miR-223-3p* down-regulated the expression of leukaemia inhibitory factor (LIF) during embryo implantation in mice. LIF is a multi-functional cytokine that belongs to the interleukin-6 superfamily that is expressed in the endometrial glandular epithelium. LIF acts on the endometrial epithelium to increase epithelial adhesiveness and receptivity to blastocyst attachment, and on the endometrial stroma to decidualise it in preparation for implantation and subsequent placenta development (20). Dong et al. (28) reported overexpression of LIF in mice endometrium on day 4 of pregnancy along with reduced expression of *miR-223-3p*. They concluded that *miR-223-3p* directly targeted the LIF gene, and this led to a decrease in its expression and a reduction in the number of implanted embryos. Low expression levels of *miR-223-3p* during the implantation window might offset its inhibitory effect on LIF gene expression, which would cause an increase in LIF expression and facilitate embryo implantation during early

pregnancy. In addition, these researchers studied the role of *miR-223-3p* in pinopode formation during embryo implantation in mice. Pinopodes, also called uterodomes, are smooth mushroom or balloon-like projections that arise from the apical surface of the endometrial luminal epithelium in mice and humans (29). These microscopic structures are formed at the beginning of the implantation window and most likely have a strong relationship to different endometrial receptivity-associated factors (30, 31). Dong et al. (28) reported that *miR-223-3p* might adversely affect embryo implantation in the endometrium by preventing pinopode formation. A study conducted by Niknafs et al. (32) on mice suggested that up-regulation of *miR-223-3p* inhibit the mTOR signalling pathway, and thereby halt expression of the endometrial receptivity-associated genes. Taken together, these data strongly suggest that over-expression of *miR-223-3p* during the implantation window may contribute to the pathogenesis of iRPL. Thus, it is necessary to further research the effects of *miR-223-3p* in female reproduction. In the current study, we evaluated the expression levels of *miR-223-3p* in plasma samples of iRPL patients and healthy individuals in order to determine if circulating *miR-223-3p* is dysregulated in women with iRPL. We also explored the diagnostic performance of circulating *miR-223-3p*, as a novel non-invasive biomarker, for diagnosis and clinical management of iRPL. Our results clearly show up-regulated plasma levels of *miR-223-3p* in patients with iRPL compared with healthy subjects. ROC curve analysis indicated that circulating *miR-223-3p* may be a valuable biomarker for distinguishing iRPL women from healthy women. To the best of our knowledge, this is the first study to investigate the expression levels of *miR-223-3p* in plasma samples of Iranian patients with iRPL and healthy subjects. In agreement with our findings, a previous study reported over-expression of *miR-223-3p* in iRPL patients (20). Given the important biological function of *miR-223-3p* in embryo implantation, it is conceivable that its up-regulation has a profound effect on the success of a pregnancy. Further studies should be designed to validate these findings.

Conclusion

The existence of quantitative differences in the levels of circulating miRNAs between patients and healthy individuals suggest that changes in circulating miRNAs may be used as a promising non-invasive biomarker for diagnosis, prognosis, screening, and monitoring of various diseases. Despite extensive research, the clinical applicability of circulating miRNAs as biomarkers is limited. Circulating miRNAs could possibly be used to complement other types of markers. Our data indicate that up-regulation of circulating *miR-223-3p* may be associated with an increased risk of iRPL, and may serve as a promising non-invasive diagnostic biomarker for iRPL. However, it is necessary to conduct additional research in order to determine if a causal association exists between the expression level of circulating *miR-223-3p* and increased risk of iRPL.

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Authors' Contributions

P.O.H.M., S.Gh., J.M., S.A.F., Ch.A.; Designed this study and Analysed the data. P.O.H.M.; Carried out the experiments and Wrote the draft of the manuscript. S.Gh., J.M.; Supervised the project. All authors critically reviewed and approved the final version of this manuscript.

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