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1 **Gremlin 1 is required for macrophage M2 polarization**

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12
13 **Abstract**

14 Pro-proliferative, M2-like polarization of macrophages is a critical step in the development
15 of fibrosis and remodeling in chronic lung diseases such as pulmonary fibrosis and
16 pulmonary hypertension. Macrophages in healthy and diseased lungs express gremlin 1
17 (Grem1), a secreted glycoprotein that acts in both paracrine and autocrine manners to
18 modulate cellular function. Increased Grem1 expression plays a central role in pulmonary
19 fibrosis and remodelling, however, the role of Grem1 in M2-like polarization of
20 macrophages has not previously been explored. The results reported here show that
21 recombinant Grem1 potentiated M2-like polarization of mouse macrophages and bone
22 marrow derived macrophages (BMDM) in response to the Th2 cytokines IL4 and IL13.
23 Genetic depletion of Grem1 in BMDMs inhibited M2 polarization while exogenous gremlin 1
24 could partially rescue this effect. Taken together, these findings reveal that gremlin 1 is
25 required for M2-like polarization of macrophages.

26
27 **New & Noteworthy**

28 We show here that gremlin 1 potentiated M2 polarization of mouse bone marrow derived
29 macrophages (BMDMs) in response to the Th2 cytokines IL4 and IL13. Genetic depletion of
30 Grem1 in BMDMs inhibited M2 polarization while exogenous gremlin 1 partially rescued this
31 effect. Taken together, these findings reveal a previously unknown requirement for gremlin
32 1 in M2 polarization of macrophages and suggest a novel cellular mechanism promoting
33 fibrosis and remodelling in lung diseases.

34 **Introduction**

35 Both resident and recruited macrophages have important roles in lung inflammation,
36 fibrosis and remodelling. Resident macrophages arise during embryogenesis and are distinct
37 from macrophages derived from postnatal recruitment and differentiation of monocytes
38 during acute inflammation, which originate in the bone marrow (1). These macrophages
39 promote innate immune responses by producing inflammatory cytokines that recruit
40 neutrophils and other leukocytes and subsequently regulate the resolution of inflammation
41 and repair through clearance of cellular debris, interaction with the alveolar epithelium, and
42 production of growth factors (1-5). The switch of macrophages to an alternative, pro-repair
43 phenotype (M2) is driven by type 2 immune processes, which are characterized by increased
44 concentrations of interleukin IL4, IL5, IL9 and IL13 (6). However, persistent M2-like
45 macrophage activation contributes to the development of fibrosis and remodelling in
46 chronic lung diseases such as pulmonary fibrosis and pulmonary hypertension (2, 5-8). M2-
47 like polarization of macrophages changes the expression of multiple genes including
48 increased expression of arginase 1 (Arg1), found in inflammatory zone 1 (Fizz1) and the
49 mannose receptor (Mrc1) (5).

50

51 Macrophages in healthy and diseased lungs express gremlin 1 (Grem1) (9, 10). Grem1 is a
52 secreted glycoprotein that acts both in a paracrine and autocrine fashion modulating the
53 behaviour of cells secreting it and those in the immediate vicinity (11). Normal expression of
54 Grem1 is required in adulthood for the regulation of cellular proliferation, differentiation
55 and homeostatic functions including the maintenance of the normal bowel epithelium, bone
56 marrow hematopoiesis and adipogenesis (12-14). In contrast, excessive Grem1 promotes
57 abnormal cellular differentiation and cancer development (15, 16). Abnormally increased
58 Grem1 also plays a pathogenetic role in the development of a number of important lung
59 diseases including pulmonary fibrotic diseases (9, 10, 17) and pulmonary hypertension (18).

60

61 Taken together, these previous reports suggest that Grem1 may have a role in regulating
62 macrophage function, in particular polarization towards the M2 phenotype that contributes
63 to the development of chronic lung diseases. The aim of the experiments reported here was
64 to examine the effects of Grem1 expressed in macrophages and Grem1 derived from other
65 cell sources on M2-like activation of macrophages by the type 2 cytokines IL4 and IL13.

66

67 **Materials and Methods**

68 *Materials*

69 Goat anti-gremlin 1 and anti-HAND2 antibodies were purchased from R&D Systems and
70 used at a final concentration of 40 µg/ml (Cat #: AF956 and AF3876). Anti-goat secondary
71 Ab was purchased from Vector Labs and used at a final concentration of 4 µg/ml (Cat #: BA-
72 5000). RNeasy Mini Kit for RNA extraction was purchased from Qiagen (Cat #: 74014). We
73 purchased Superscript III Reverse Transcriptase (Cat #: 18080-44) from Invitrogen for use in
74 our cDNA synthesis reaction. IL4 (Cat #: BC1817031), IL13 (Cat #: 413-ML-005 and gremlin 1
75 (Cat #: 956-GR-050) recombinant proteins were all purchased from R&D Systems,
76 Minneapolis, MN. Gusb, Arg1, Fizz1, Mrc1, Grem1 primer/probes were all purchased from
77 Thermo Fisher Scientific.

78

79 *Mice*

80 All protocols and procedures were approved by University College Dublin's Animal Research
81 Ethics Committee and licensed by the Health Products Regulatory Authority of Ireland.
82 Grem1^{fl^{x/+}} mice (VelociGene modified allele ID number 1083) were mated with B6;129-
83 Gt(Rosa)26Sortm2(icre/ERT2Nat)/J mice (Stock number 004847; Jax Laboratories, Maine,
84 USA) to generate R26Cre-GREM1^{fl/fl} mice as previously described (12). Mice were housed in
85 climate-controlled rooms under a 12h light/dark cycle, with ad libitum access to water and
86 food. Excision of Grem1 sequences in R26Cre-Grem1^{fl/fl} mice was induced as previously
87 described by providing *ad libitum* access to chow with added tamoxifen (400 mg/tamoxifen
88 citrate/kg diet, Envigo, Huntingdon, UK) for eight days. Controls were given access to
89 standard chow for an identical period; mice were randomly allocated to each group (12).
90 Male and, in some experiments, female mice (3 – 6 months old) were used for studies. Mice
91 were sedated by inhalation of isoflurane then anesthetized by intraperitoneal injection (I.P.)
92 of sodium pentobarbitone (70 mg/kg). After confirming depth of anesthesia, the femoral
93 artery was incised, and the animal killed by exsanguination.

94

95 *Alveolar Macrophage (AM) isolation*

96 Following euthanasia, bronchoalveolar lavage (PBS, 1 mL x 5 times) was completed. The
97 collected fluid was centrifuged (400g, 4min, 4°C) and the cell pellet re-suspended in cell
98 culture medium (DMEM supplemented with FBS (10%, vol/vol) and HEPES (10 mM)) and
99 allowed to settle on coverslips for two hours (37°C, 95% air, 5% CO₂). Following this, non-
100 adherent cells were washed away. Cells were confirmed as macrophages by characteristic
101 morphology and expression of the macrophage markers CD68 and F4/80 (data not shown).

102

103 *Bone Marrow-Derived Macrophage Cell Culture*

104 Bone marrow-derived macrophages (BMDMs) were generated from R26Cre-Grem1^{fl/fl} mice
105 fed standard chow or chow with added tamoxifen and from wildtype C57BL6/J mice (19).
106 Briefly, following euthanasia, bone marrow was removed from the femurs and tibiae and
107 the cells were suspended in PBS. After straining the suspension (70 µm, Fisher Scientific),
108 red cells were lysed in lysis buffer, the remaining cells were collected by centrifugation
109 (400g, 4min, 4°C) and resuspended in cell culture medium supplemented with L929-cell
110 conditioned medium (LCM, 20%, vol.vol⁻¹). The bone marrow progenitor cells were cultured
111 in this medium for 7 days. Post maturation, cells were confirmed as macrophages by
112 adhesion to cell culture dishes, morphology and expression of macrophage markers CD68
113 and F4/80 (data not shown). In some experiments, Grem1 depletion was induced in
114 macrophages *in vitro* by incubating cells from R26Cre-Grem1^{fl/fl} mice fed a normal diet in
115 cell culture medium containing 4-hydroxytamoxifen (4-OHT, 2 µM).

116

117 *Polarization of macrophages in vitro*

118 AMs and BMDMs were polarized by exposure of cells to IL4 and IL13 (20 ng/ml each) for
119 48h.

120

121 *Immunostaining*

122 Immunostaining of lung tissue sections was carried out as previously described (18, 20).
123 Cells on coverslips were fixed in methanol (100% vol.vol⁻¹) for 10 min at 4°C. Non-specific
124 staining was blocked by incubating coverslips in rabbit serum diluted in PBS (1:10) at room
125 temperature for 1h. Following removal of blocking serum, coverslips were incubated in
126 primary goat antibody overnight at 4°C. The next day, slides were washed with buffer (0.1%

127 vol.vol⁻¹ Tween in PBS), then incubated with a biotin-labelled, anti-goat IgG antibody at
128 room temperature for 1h. Coverslips were then washed in buffer and incubated with
129 streptavidin-linked Alexa fluorophore[®] 594 conjugate (1 µg/mL, Thermo Fisher) for 1h.
130 Coverslips were then washed again, counterstained with DAPI (0.2 µg/mL, Sigma-Aldrich)
131 and mounted onto slides using fluorescent mounting medium (DAKO, CA). Slides were
132 imaged by epifluorescence microscopy (CKX41, Olympus, Japan) no downstream processing
133 was performed.

134

135 *Analysis of mRNA expression*

136 mRNA was extracted using TriReagent (Sigma-Aldrich, St. Louis, MO) according to the
137 manufacturer's protocol along with glycoblue co-precipitant (1.6 mg/ml, Sigma-Aldrich).
138 RNA from cells (500 – 1000 ng) was reverse transcribed to cDNA using Superscript III
139 Reverse Transcriptase cDNA synthesis kit (Invitrogen) as per manufacturer's protocol. Real-
140 time PCR was performed on 384-well plates and each sample was measured in duplicate.
141 *GusB* was used as the endogenous control (expression was unaffected by experimental
142 conditions) according to the Taqman PCR protocol (Applied Biosystems). All primers and
143 probes were 90 – 100% efficient as examined by standard curve analysis (data not shown).
144 Target mRNA expression was assessed using the standard curve method and expressed
145 relative to the mean of the control group value.

146

147 *Analysis of protein secretion*

148 Fizz1 protein levels were assayed by ELISA (LSBio, Seattle, WA), CCL17 and CCL22 protein
149 levels were assayed by mesoscale assay (MSD, Rahway, NJ) according to the manufacturers
150 protocols.

151

152 *Data presentation and statistical analysis*

153 Symbols in figures represent results of individual male (closed symbols) and female (open
154 symbols) mice together with medians (interquartile ranges, IQR). For statistical analysis data
155 were normalized by log transformation and the significance of differences between group
156 means was determined using paired or unpaired t tests as appropriate. For statistical
157 analysis of non-parametric data, we used the Wilcoxon signed-rank test or Mann-Whitney U
158 as appropriate. Correction for multiple comparisons of means where required was
159 undertaken using the Holm-Sidak step down method (21). A P value < 0.05 was considered
160 statistically significant. Where P values are >0.001, the exact value is shown. All analyses
161 were undertaken using the statistical package for the social sciences (SPSS, Version 28,
162 IBM). Schematic illustrations were created using BioRender.com.

163

164 *Source Data*

165 Source data for all figures can be accessed using the publicly available DOI for Figshare data:
166 <https://doi.org/10.6084/m9.figshare.21158914>

167

168 **Results**

169 **Alveolar macrophages and bone marrow derived macrophages express Gremlin 1**

170 Immunostaining of lung tissue sections and broncho-alveolar lavage macrophages from
171 healthy, wild type mice (n=6) using anti-Grem1 antibody demonstrated positive staining
172 (Figure 1A-B), confirming previous reports that AMs express Grem1 (9, 10). No staining was
173 seen when a similarly produced polyclonal irrelevant antibody (anti-HAND2) was used or

174 when primary antibody was omitted (Figure 1A). Stimulation of AMs *in vitro* with the type 2
175 cytokines IL4 and IL13 caused increased expression of the classic M2 polarization markers
176 Arg1 and Fizz1, although Mrc1 was unchanged (Figure 1C-E). Interestingly, M2 polarization
177 did not alter Grem1 mRNA expression (Figure 1F).

178
179 Grem1 expression was detected in BMDMs basally (M0 polarization) by immunostaining
180 (Figure 1B). Specificity of the anti-Grem1 antibody has previously been demonstrated by
181 both siRNA directed against Grem1 and demonstration of blocking of Grem1 function (18).
182 Stimulation of BMDMs *in vitro* by IL4/IL13 produced a change in morphology to an
183 elongated phenotype (data not shown) and an increase in the M2 polarization markers
184 Arg1, Fizz1 and Mrc1 (Figure 1G, H, I). Interestingly, Grem1 expression was reduced
185 following M2 polarization (Figure 1J)

186

187 **Grem1 is required for polarization of macrophages to an M2-like phenotype**

188 We next examined the effect of recombinant human (rh)Grem1 on the polarization
189 response of BMDMs from wild type mice. IL4 and IL13 stimulation caused increased
190 expression of Arg1, Fizz1 and Mrc1, as previously (Figure 2A, B and C). Addition of rhGrem1
191 to IL4 and IL13 did not further change Mrc1 expression but caused a significant further
192 increase in the expression of Arg1 and *Fizz1* (Figure 2A-C), when compared to IL4 and IL13
193 alone, suggesting that Grem1 produced by cellular sources adjacent to macrophages might
194 modulate polarization. Grem1 alone did not alter Arg1, Fizz1 or Mrc1 expression (data not
195 shown).

196

197 To examine the effects of Grem1 produced by the macrophages on their own polarization,
198 we used BMDMs obtained from R26Cre-Grem1^{fl/fl} mice fed either standard chow
199 (Grem1^{intact}) or tamoxifen containing chow (Grem1^{depl}). At the time of euthanasia, the mice
200 showed normal weight and behaviour. LCM-differentiated BMDMs from both groups were
201 stimulated with IL4/IL13 or exposed to vehicle alone (protocol schematically illustrated in
202 Figure 2D). In mice that received tamoxifen chow, Grem1 was successfully depleted (Figure
203 2E) when compared to those receiving a standard diet. Grem1 depletion caused marked
204 changes in the polarization response to IL4/IL13, significantly reducing Arg1 and Fizz1 and
205 augmenting Mrc1 expression (Figure 2F, G and H). BMDMs isolated from wild type mice fed
206 tamoxifen and exposed to IL4/IL13 showed similar M2-like polarization responses to those
207 of wild type mice fed a normal diet (data not shown).

208

209 We have previously shown that more prolonged tamoxifen administration (>12 days) to
210 induce Grem1 depletion in R26Cre-Grem1^{fl/fl} mice causes bowel abnormalities, bone
211 marrow failure and is lethal (12). Although such mice fed tamoxifen typically did not
212 become unwell after eight days of tamoxifen exposure (and none in the study presented
213 here), there remained the possibility that the abnormal polarization responses observed
214 following *in vivo* depletion of Grem1 were, at least in part, due to the effects of an abnormal
215 bone marrow environment caused by Grem1 loss (12). For this reason, we also examined
216 the effect of *in vitro* depletion of Grem1 during cell culture after bone marrow harvesting.
217 R26Cre-Grem1^{fl/fl} mice fed a normal diet were euthanised, their bone marrow isolated and
218 the bone marrow progenitor cells then cultured with LCM to stimulate macrophage
219 differentiation either in the presence or absence of tamoxifen (schematic illustration of
220 protocol in Figure 3A). This caused marked depletion of Grem1 (Figure 3B), similar to that

221 following depletion of Grem1 *in vivo* (Figure 2E). The responses of these BMDMs to IL4/IL13
222 were very similar to those of BMDMs following *in vivo* depletion i.e. reduced Arg1 and Fizz1
223 expression and increased Mrc1 expression compared to Grem1^{intact} BMDMs (Figure 3C-E).
224 IL4/IL13 stimulated secretion of Fizz1, CCL17 and CCL22, cytokines secreted by M2 polarized
225 macrophages, was inhibited when gremlin 1 was depleted in macrophages (Figure 3F-H). No
226 differences between the responses of macrophages from male and female mice were
227 observed. These results suggested that the altered polarization response of macrophages
228 from mice in which Grem1 had been depleted *in vivo* was not due to any deleterious effect
229 of Grem1 loss on the bone marrow but due to the loss of Grem1 produced by the
230 macrophages.

231

232 **Exogenous Grem1 partially restores the polarization responses of Grem1^{depl} macrophages**

233 Since exogenous Grem1 potentiated wild type macrophage activation (Figure 1A-C), we
234 hypothesized that exogenous Grem1 might restore the M2 polarization responses of
235 macrophages depleted of endogenous Grem1. When rhGrem1 was added to BMDMs that
236 had been depleted of Grem1 *in vitro*, the reduced Arg1 and Fizz1 expression observed in
237 Grem1^{depl} BMDMs was increased towards the values observed in Grem1^{intact} BMDMs (Figure
238 4A-B). The increased *Mrc1* expression induced by IL4/IL13 in Grem1^{depl} BMDMs was
239 significantly reduced by the addition of rhGrem1 but not restored to that seen in the
240 Grem1^{intact} BMDMs (Figure 4). No differences between the responses of macrophages from
241 male and female mice were observed. We conclude from these data that exogenously
242 administered Grem1 may only partially restore macrophage responses to IL4/IL13
243 stimulation. Exposure of BMDMs derived from wild type mice to tamoxifen in the same way
244 did not alter IL4/IL13 driven polarization demonstrating that addition of tamoxifen *in vitro*
245 did not change the effect of IL4/IL13 on wildtype BMDM polarization (Figure 4D-F).

246

247 **Discussion**

248 These results show that gremlin 1 is required for M2-like polarization of macrophages in
249 response to the Th2 cytokines IL4 and IL13. We report that exogenous Grem1 potentiates
250 the polarization of macrophages as characterized by increased expression of the pro-fibrotic
251 M2 polarization markers Arg1 and Fizz1. Depletion of endogenous Grem1 impaired
252 macrophage polarization but exogenous administration of Grem1 could partially restore the
253 M2 polarization of Grem1-depleted macrophages.

254

255 It is now well recognised that M1 and M2 polarization of macrophages represent two ends
256 of a spectrum and that expression of many genes and proteins are changed along this
257 spectrum. We examined expression of *Mrc1* as it is a canonical marker of M2-like
258 polarization. We also examined Arg1 and Fizz1 because, in addition to being well recognised
259 markers of M2-like polarization, they also play important roles in the mechanisms
260 underlying pulmonary fibrosis and vascular remodelling (22, 23). Thus, our findings suggest
261 that increased Grem1 potentiates the profibrotic actions of macrophages in fibrotic lung
262 disease.

263

264 The effects of Grem1 that we observed might have been mediated via a number of different
265 signalling pathways. Grem1 was first identified as an antagonist of bone morphogenetic
266 proteins 2, 4 and 7 but was subsequently shown to bind to VEGFR2, SLITs, macrophage
267 migration inhibitory factor and FGFR1 resulting in altered signalling through these pathways

268 (11, 24-28). Grem1 from both autocrine and paracrine sources could act through these
269 pathways. Recent scRNAseq studies have shown that cells known to interact with
270 macrophages express Grem1 in the fibrotic lung including fibroblasts, myofibroblasts and
271 alveolar epithelial cells (29).

272

273 Grem1 can also act through intracellular pathways suggesting that Grem1 produced by
274 adjacent cells may not be able to completely correct the changes in polarization caused by
275 genetic depletion of Grem1 within the macrophages. Further work will be required to
276 determine through which of these mechanisms Grem1 acts on macrophage polarization.

277

278 Macrophage polarization toward an M2 phenotype is an important step in a number of
279 fibro-proliferative diseases including pulmonary fibrosis and pulmonary hypertension. We
280 have discovered a previously unknown role for Grem1 in the regulation of macrophage
281 polarization that may represent a novel cellular mechanism by which increased Grem1
282 promotes fibrosis and remodelling in lung disease.

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383

384 **Figure Legends**

385

386 Figure 1. Immunostaining of gremlin 1 in lung sections showed macrophages within the
387 alveoli (brown) (A), expression in alveolar macrophages (B) and bone marrow derived
388 macrophages (C) in representative images from six mice. Effects of exposure of alveolar
389 macrophages (AMs) to IL4 and IL13 on the expression of the pro-proliferative M2-like
390 markers, *Arg1*, *Fizz1* and *Mrc1* (D, E, F) and on the expression of *Grem1* (G). Effects of
391 exposure of bone marrow derived macrophages (BMDMs) to IL4 and IL13 on the expression
392 of *Arg1*, *Fizz1*, *Mrc1*, and *Grem1* (H, I, K). The scale bars correspond to 20 μ m (x40 objective,
393 NA 0.9).

394

395 Figure 2. Effect of Gremlin 1 on *Arg1*, *Fizz1*, and *Mrc1* expression (A, B, C) in BMDMs isolated
396 from wild type mice. Schematic (D) showing experimental design to examine the effect of in
397 vivo depletion of gremlin 1 on the subsequent responses to IL4 and IL13. Addition of
398 tamoxifen to the diet caused marked depletion of gremlin 1 expression (E). Effect IL4 and
399 IL13 alone or in combination with rhGremlin1 on the expression of *Arg1*, *Fizz1*, and *MRC1* (F,
400 G, H) in BMDMs from *Grem1*^{intact} mice (standard chow, black circles) and from *Grem1*^{depl}
401 mice (tamoxifen chow, black squares).

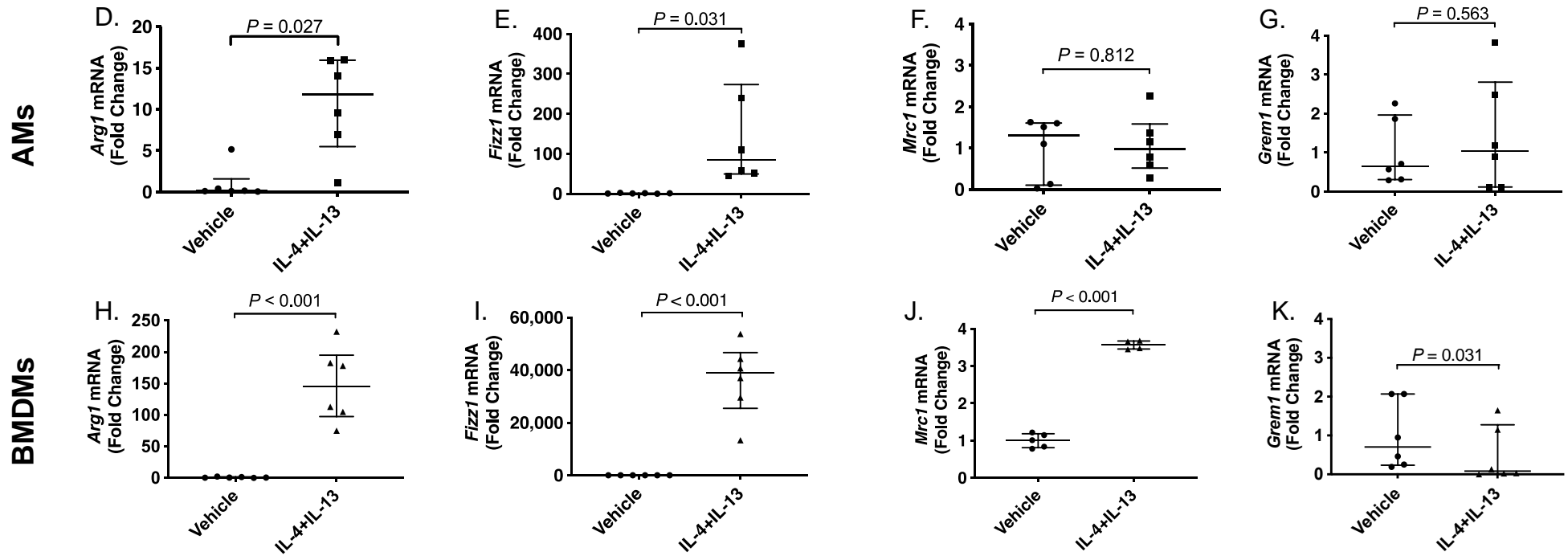
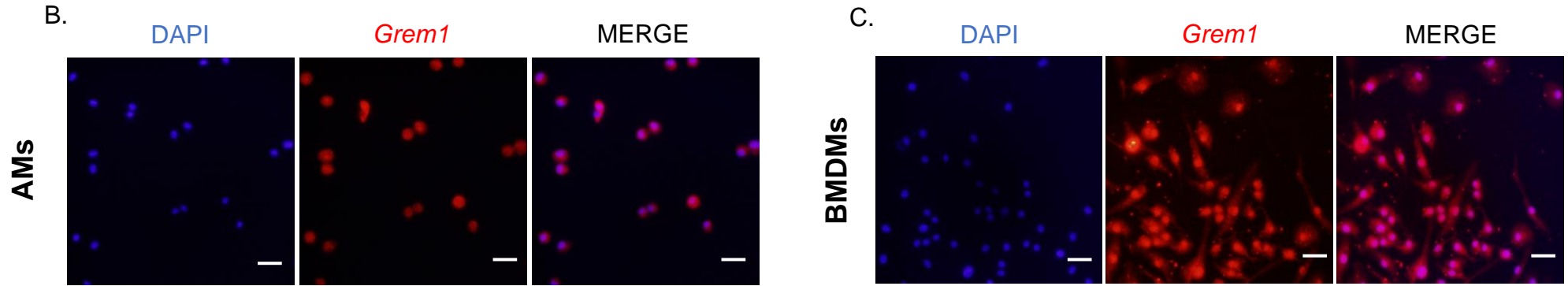
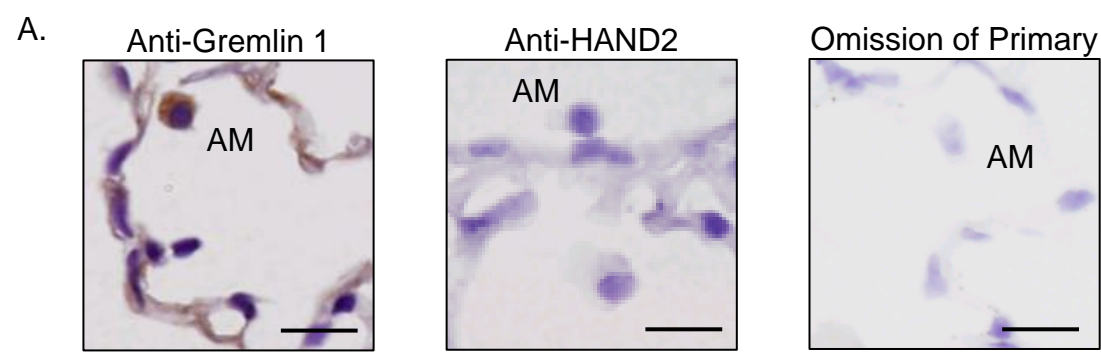
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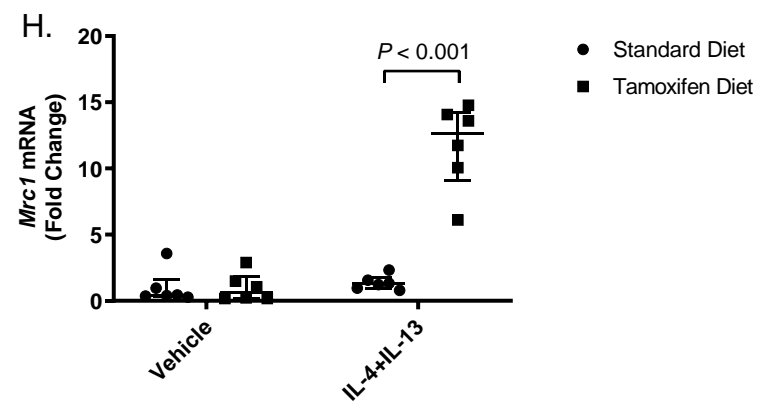
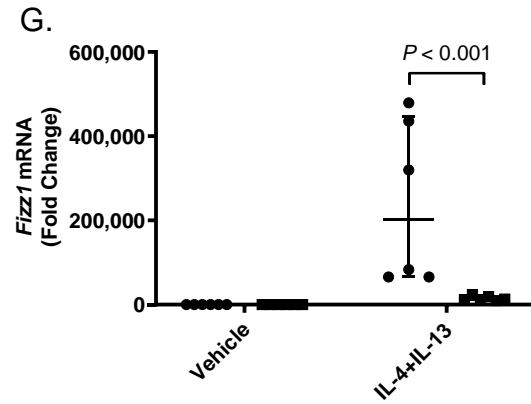
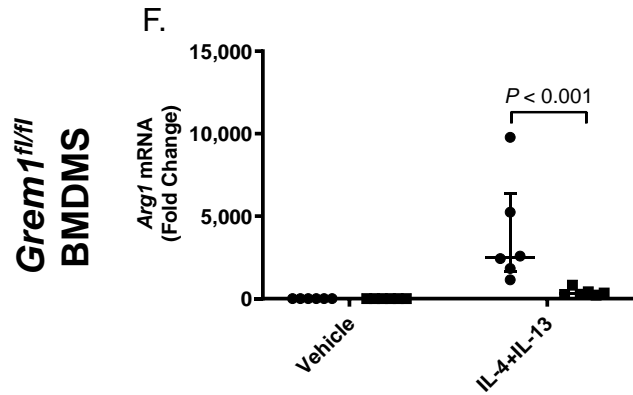
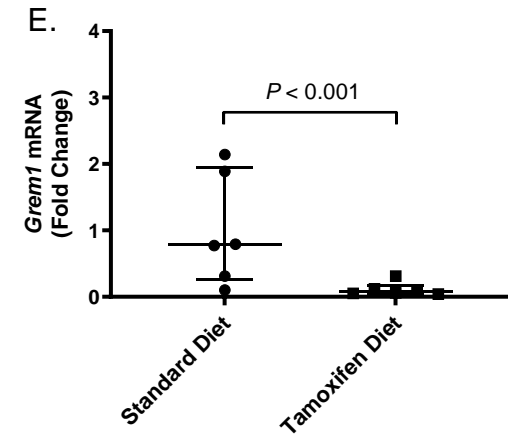
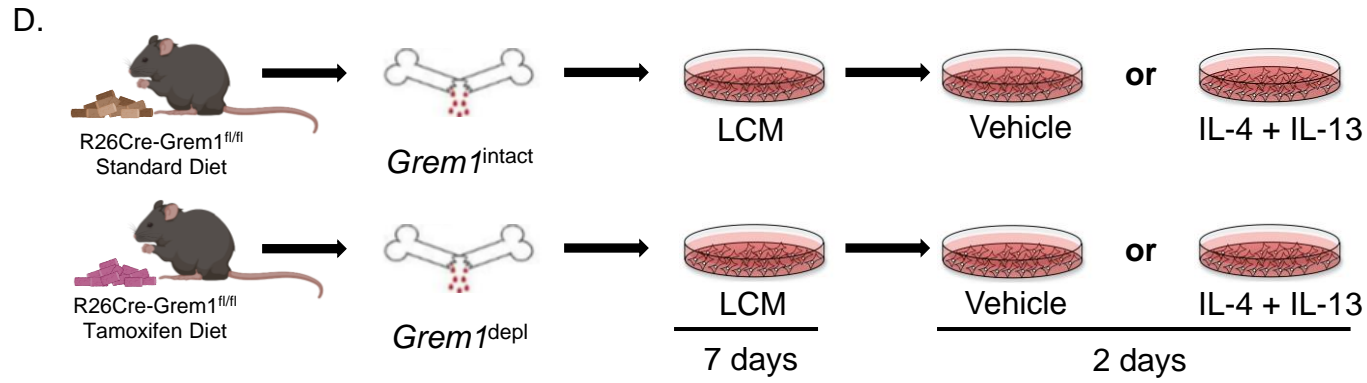
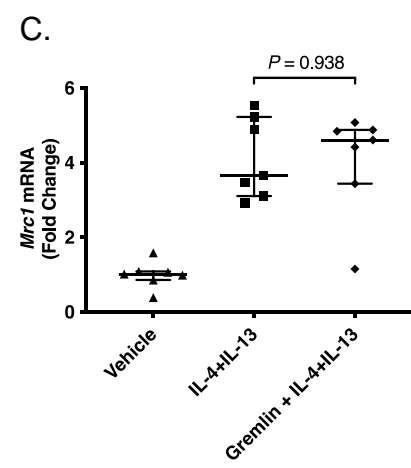
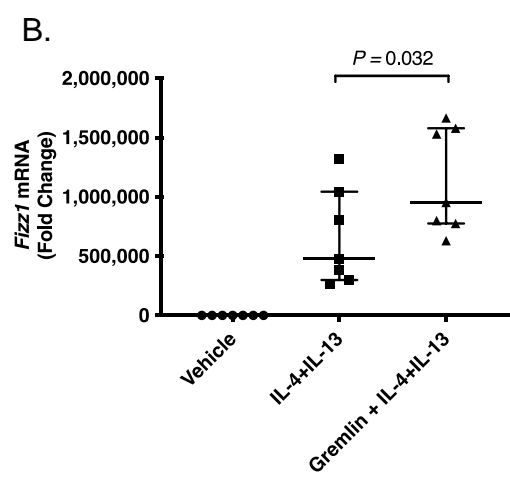
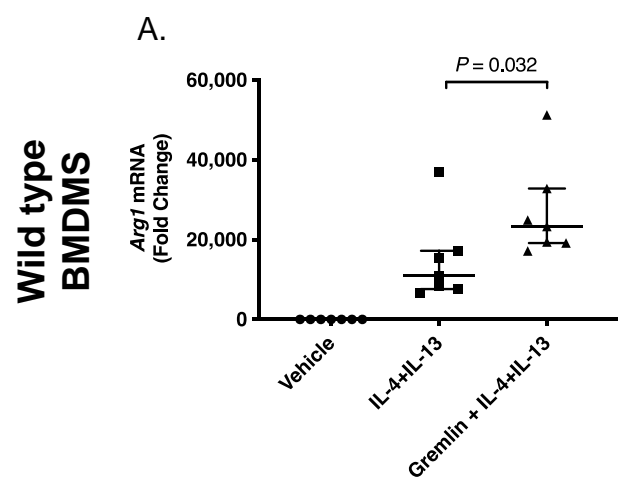
403 Figure 3. Schematic showing experimental design to examine the effect of in vitro depletion
404 of gremlin 1 on the subsequent responses to IL4 and IL13 (A). Addition of tamoxifen (4-
405 OHT) in vitro caused marked reduction of gremlin 1 expression (B). Effect of IL4 and IL13 on
406 the expression of *Arg1*, *Fizz1* and *Mrc1* in *Grem1*^{intact} and *Grem1*^{depl} bone marrow derived
407 macrophages (C, D, E). Effect of IL4 and IL13 on the secretion of CCL17, *Fizz1* and CCL22 by
408 *Grem1*^{intact} and *Grem1*^{depl} bone marrow-derived macrophages (F, G, H). Filled symbols
409 indicate males and open symbols indicate females.

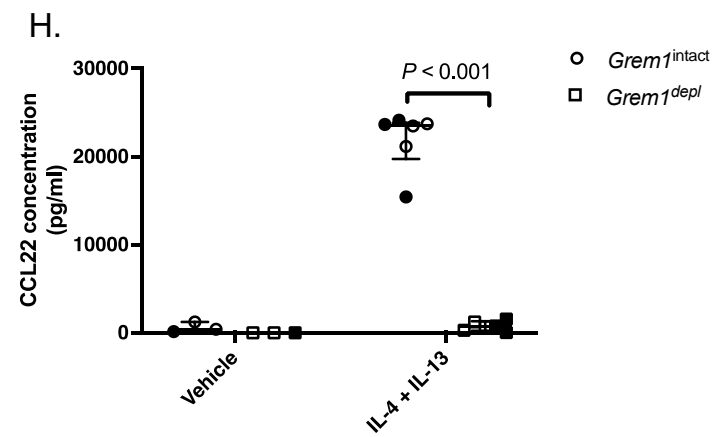
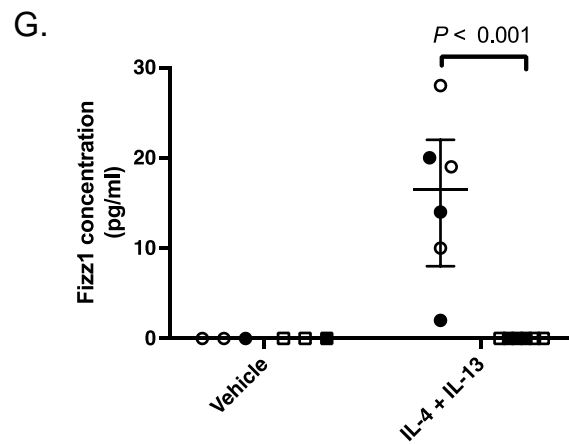
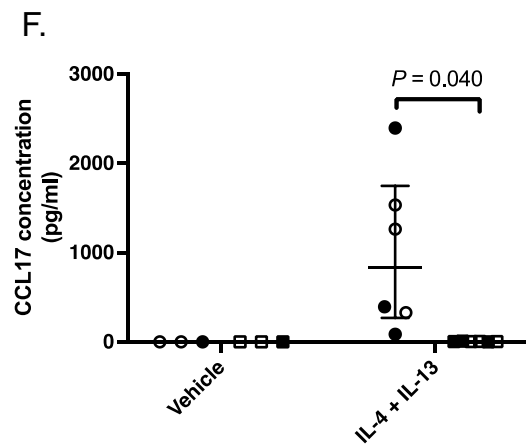
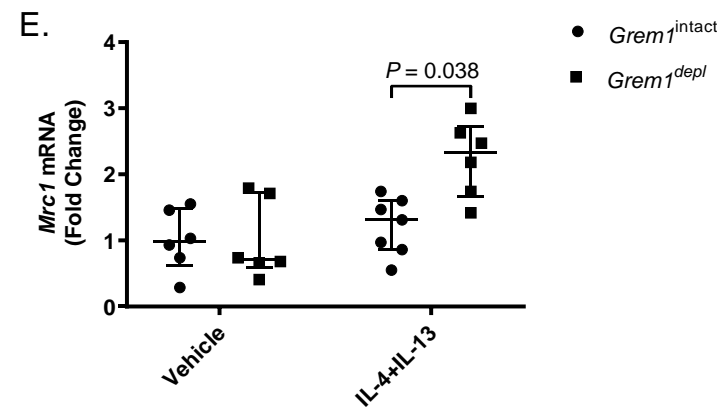
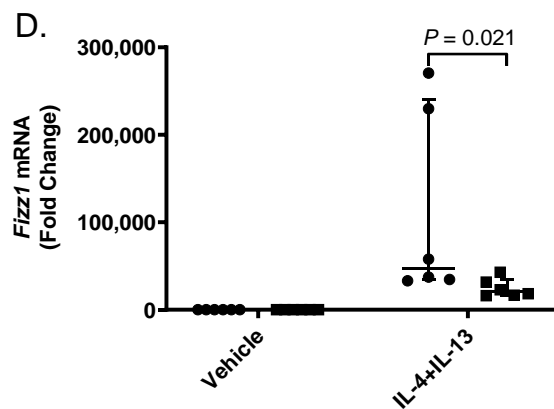
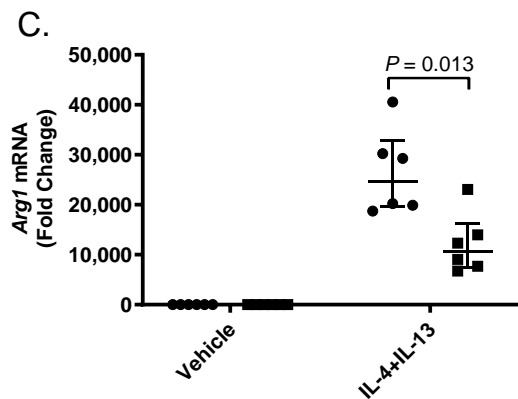
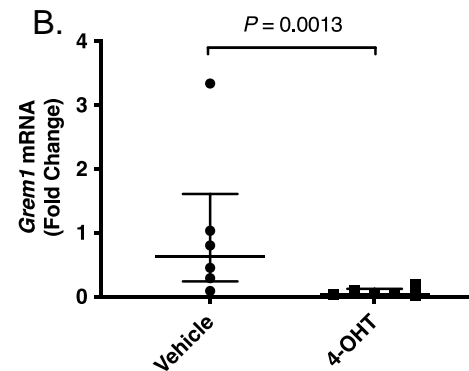
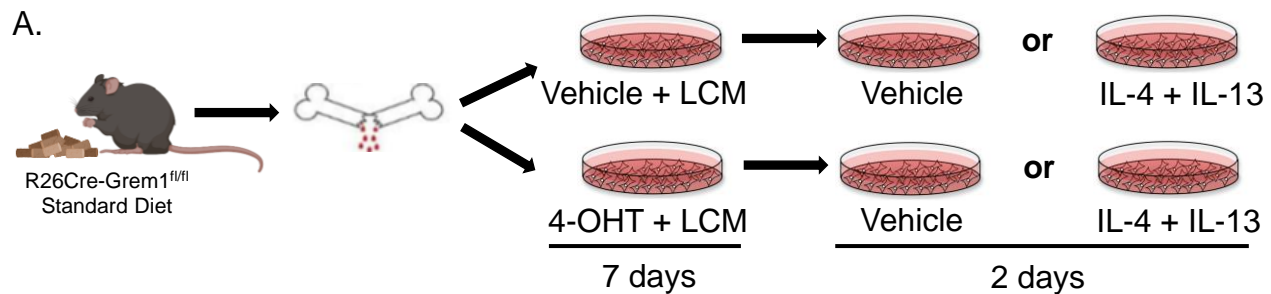
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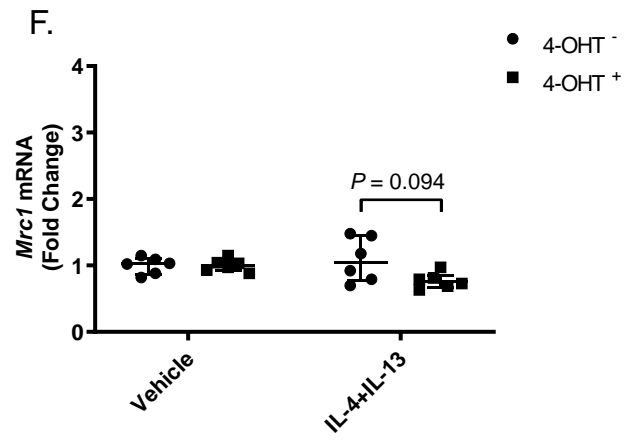
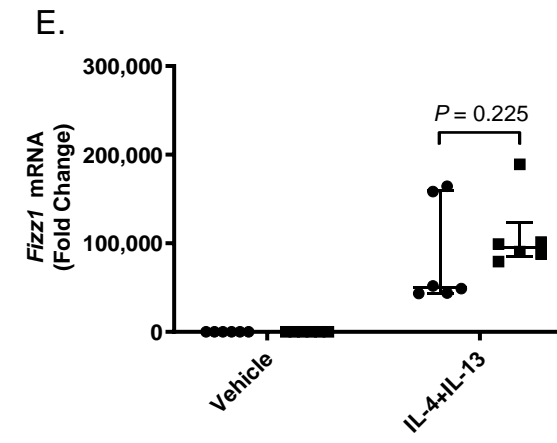
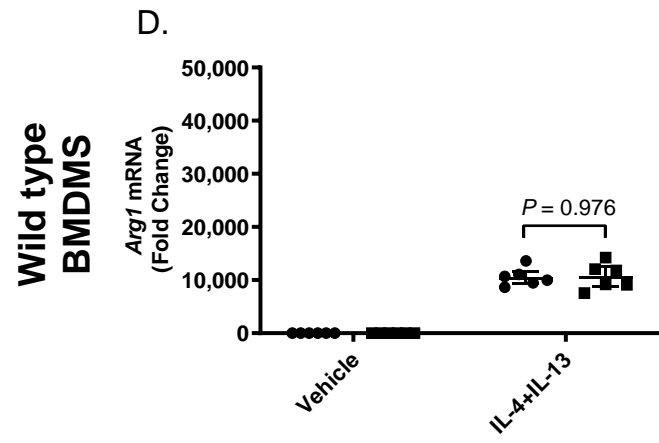
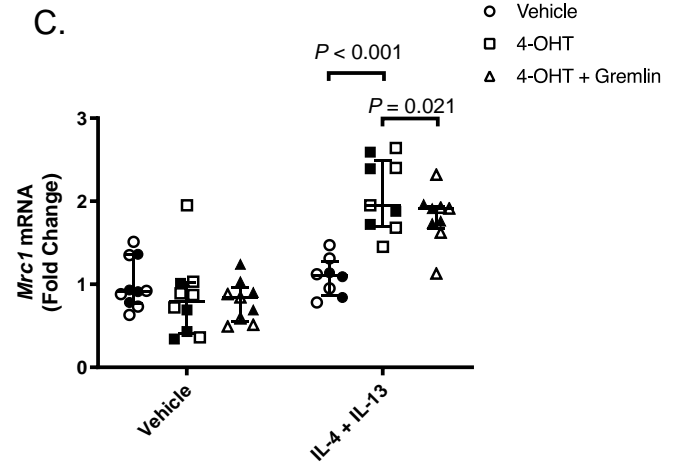
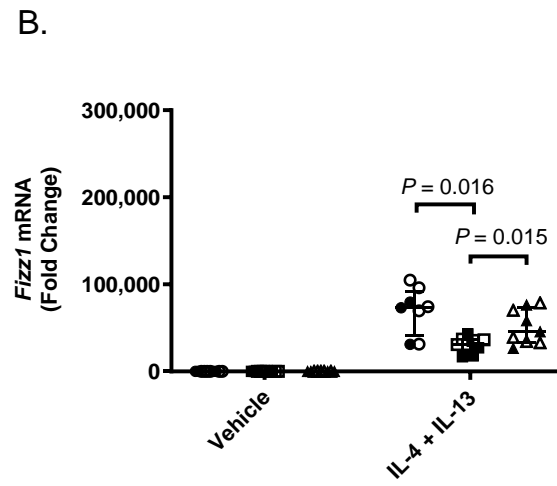
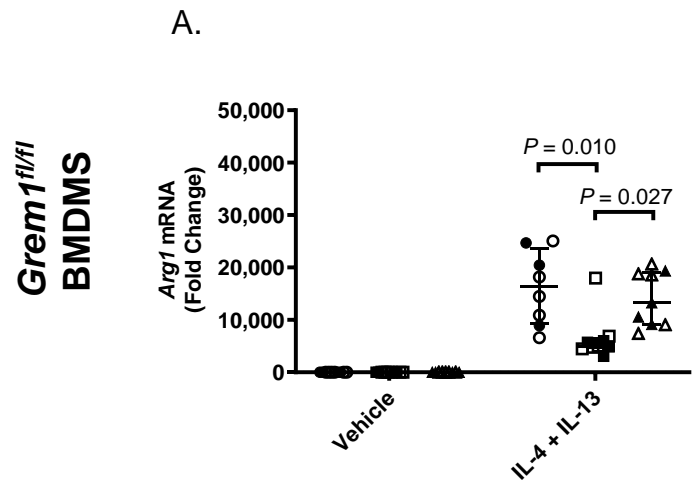
411 Figure 4. Effect IL4 and IL13 either alone or together with rhGremlin 1 on the expression of
412 *Arg1*, *Fizz1* and *Mrc1* in *Grem1*^{depl} bone marrow derived macrophages (A, B, C). Filled
413 symbols indicate males and open symbols indicate females. Effect 4-OHT on IL4 and IL13
414 induced expression of *Arg1*, *Fizz1* and *Mrc1* in wildtype bone marrow derived macrophages
415 (D, E, F). Addition of tamoxifen (4-OHT) in vitro did not change effect of IL4 and IL13 on
416 wildtype BMDM polarization.

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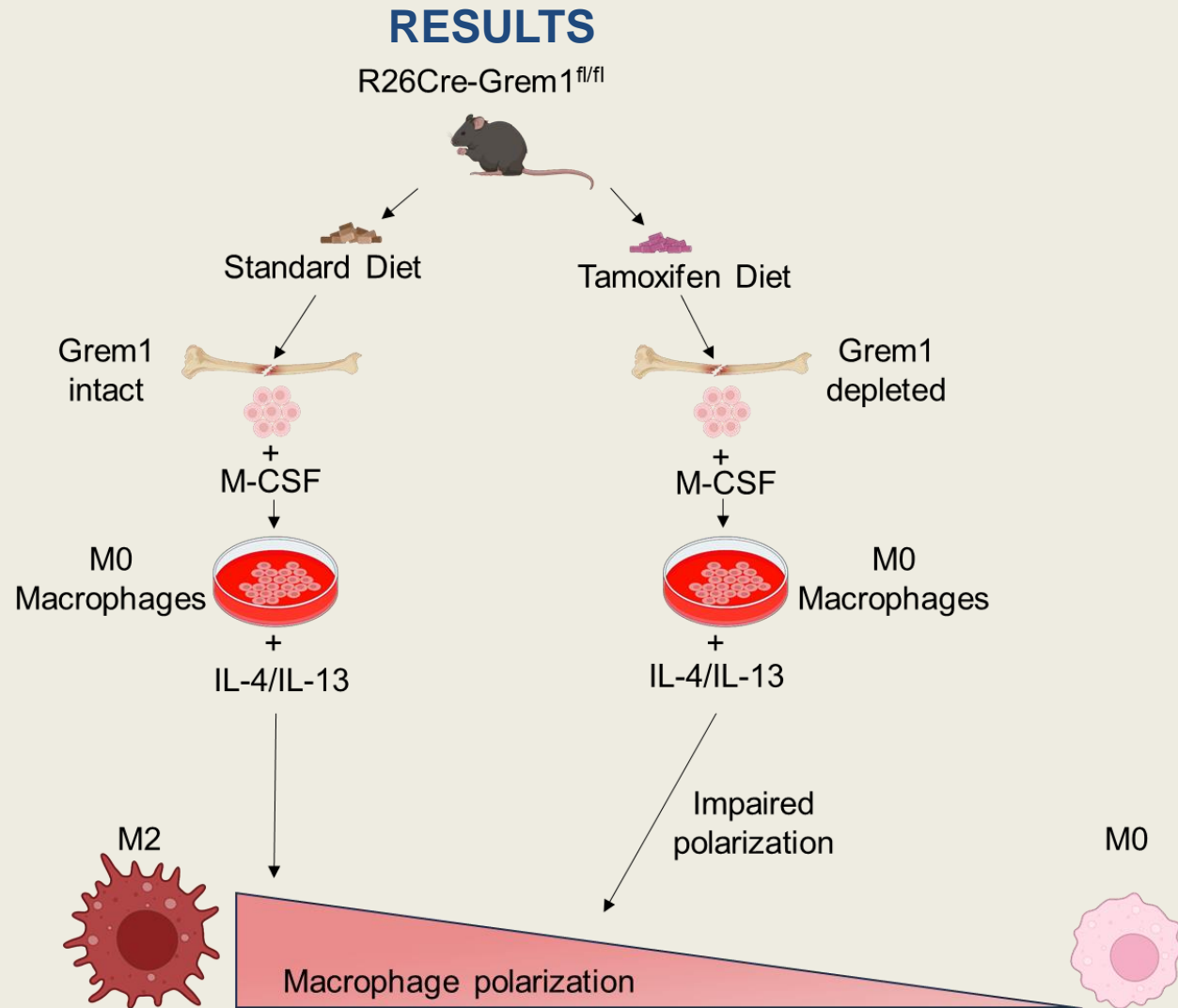








Gremlin 1 depletion impairs macrophage M2 polarization



Gremlin 1 is required for M2 polarization of macrophages