Harvard-MIT Division of Health Sciences and Technology HST.523J: Cell-Matrix Mechanics

Prof. Myron Spector

CHAPTER 2

Tissue Structure/Unit Cell Processes

- 2.1 Working/Operational Definitions
- 2.2 Tissue Composition/Structure Cells, insoluble extracellular matrix (ECM), soluble regulators
 - 2.2.1 Structure of the Cell
- 2.3 Types/classification of Tissue
 - 2.3.1 Tissue Classification
 - 2.3.2 Embryology
 - 2.3.3 Composition of Certain Tissues
- 2.4 Unit Cell Processes
 Limitations of the paradigm
- 2.5 Examples of Unit Cell Processes
- 2.6 Contraction and Migration
- 2.7 Summary of Effects of Exogenous Mechanical Forces on Cells and the Generation of Contractile Force by Cells

2.1 WORKING/OPERATIONAL DEFINITIONS

Tissue

An aggregation of similarly specialized cells united in the performance of a particular function. Cells serving the same general function and having the same extracellular matrix.

Connective Tissue

The matrix-continuous tissue which binds together and is the support of the all of the structures of the body. The predominant structural protein comprising the extracellular matrix of connective tissue is collagen.

Organ

Two or more tissues combined to form a larger functional unit.

Unit Tissue Structure

The smallest repeating unit of a tissue or organ comprising a cell and its surrounding matrix (synthesized by the cell).

Development

The process of growth and differentiation of tissues and organs.

Embryology

The science of the development of the individual during the embryonic stage (2 weeks after fertilization of the ovum to the end of the eighth week) and, by extension, in several or even all preceding and subsequent stages of the life cycle.

Regeneration

The renewal of a tissue or organ at the completion of healing.

Repair

The formation of scar at a site of injury at the completion of healing.

Remodeling/ Maintenance/ Turnover

The process by which extracellular matrix is replaced in a process of degradation followed by synthesis.

Endogenous Mechanical Force

Force generated within a control volume of the unit cell process (e.g., by cell contraction).

Exogenous Mechanical Force

Force applied to a control volume of the unit cell process.

Autocrine

Denoting the influence of chemical factors secreted by a cell on itself.

Paracrine

Denoting influence of one cell on other cells in the vicinity.

Endocrine

Refers to tissues and organs whose function is to secrete into the blood or lymph a substance (e.g., hormone) that has a specific effect on another organ or tissue.

Hyperplasia

The abnormal multiplication or increase in the number of normal cells in normal arrangement in a tissue.

Hypertrophy

The enlargement or overgrowth of an organ or part due to an increase in size of its constituent cells.

Atrophy

A diminution in the size of a cell, tissue, organ, or part.

2.2 TISSUE COMPOSTION/STRUCTURE

Unit Tissue Structure

Cell + Matrix
$$\longrightarrow$$
 Product + Regulator
$$C + M \longrightarrow P + R$$

TISSUES

For a Tissue "A" comprising cells of the "a" type:

$$Tissue_{A} = \sum_{i} [Ca + Ma] i$$

For Example:

$$\begin{aligned} & \text{Dermis} = \sum_{i} \left[\text{Fibroblasts} + \text{Collagen} \right] i \\ & \text{Epidermis} = \sum_{i} \left[\text{Epidermal Cells} + \text{Basement Membrane} \right] i \\ & \text{Bone} = \sum_{i} \left[\text{Osteoblasts} + \text{Bone Matrix} \right] i \end{aligned}$$

ORGANS

$$Organ = T_A + T_B$$

$$Skin = Epidermis + Dermis$$

$$Bone (Organ) = Bone (Tissue) + Marrow$$

2.3 TYPES/CLASSIFICATION OF TISSUE

2.3.1 Tissue Classification

Tissues can be classified into four groups:

- 1) Epithelia
- 2) Connective Tissue
- 3) Muscle
- 4) Nerve

2.3.2 Embryology

The tissues of the body develop from three types of embryonic tissues:

- 1) Ectoderm
- 2) Mesoderm
- 3) Endoderm

2.4.1 Cell Activities

"Packaged" sequences (cascades) of cell activities/functions with an identifiable beginning and an end (Fig. 2.1).

2.4.1.1 Mitosis (Proliferation) Fig. 2.2

Mitosis is a complex of processes leading to the division of a cell such that the two daughter nuclei receive identical complements of the number of chromosomes characteristic of the cells of the species. All cells arise from the division of pre-existing cells. The process of mitosis is divided into four phases: a) prophases-formation of paired chromosomes; disappearance of nuclear membrane, b) metaphase-chromosomes separate into exactly similar halves, c) anaphase-the two groups of daughter chromosomes separate and move along the fibers of a central "spindle", and d) telophase-the daughter chromosomes resolve themselves into a "reticulum" and the daughter nuclei are formed; the cytoplasm divides, forming two complete daughter cells.

The term mitosis is used interchangeably with cell division, but strictly speaking it refers to nuclear division whereas cytokinesis refers to division of the cytoplasms.

2.4.1.2 Synthesis (e.g., ECM structural proteins, enzymes)

Synthesis refers to the putting together of a chemical compound by the cell through the union of the elements comprising the compound or from other suitable starting materials. The chemical compounds can be proteins that serve as structural elements (e.g., collagen), enzymes (e.g., collagenase), regulators of other cells (e.g., hormones), immunoglobulins, etc. The compounds can be carbohydrates, lipids, or other macromolecules required in cell, tissue, or organ function. The products of cell synthesis can be stored in the cytoplasm or excreted by the cell.

2.4.1.3 Exocytosis (including degranulation)

Exocytosis refers to the process by which a cell excretes particles that are too large to diffuse through the cell membrane. It is considered to be the opposite of endocytosis.

2.4.1.4 Endocytosis

Endocytosis refers to the uptake by a cell of material too large to difuse through its membrane. In the process of ingesting the material the cell invaginates its membrane, collecting the material in the fold produced by the invagination. Particles of the material larger than approximately one micrometer are "phagocytosed." In this process the cell membrane binds to the particle through a membrane receptor. Particles less than one micrometer are collected in the folds of the invaginated membrane with or without receptor binding, referred to as receptor-mediated endocytosis and pinocytosis, respectively. Fluid is taken up by the cell through the process of pinocytosis.

2.4.1.5 Migration

Migration refers to the movement of cells as a result of the action of intracellular cytoskeletal and contractile proteins and the receptor-mediated adhesion of the cell to extracellular matrix components (by integrins).

2.4.1.6 Contraction

At the cell level, contraction refers to the shortening of a cell and the concomitant development of tension in the matrix, as a result of the action of intracellular contractile proteins. The contractile proteins facilitating cell contraction are of the same family as facilitate cell migration.

2.4.2 Cell Protagonists

Requires a specific differentiated cell protagonist (Table 2.1). The process begins when the cell becomes the protagonist when expresses a specific phenotype or engages in a specific activity.

2.4.3 Chronology

Can appear at different sites at different times in different physiological and pathological sequences (i.e., modular; Table 2.2).

2.4.4 Matrix

Requires an insoluble matrix component/substrate (Table 2.3) for the cell activity. Cell acts on a substrate (e.g., extracellular matrix) through a membrane receptor (e.g., integrin) and a series of stereospecific biochemical reactions initiated by a signal (i.e., soluble regulator; see sec. 2.4.8). The matrix can serve as an insoluble regulator of cell function/activity.

2.4.5 Products

Results in a product that is a stable insoluble structure, soluble fragment, and/or mechanical force (Table 2.4). The quality of the product is invariant but the quantity is not; the product is quantifiable with respect to amount and direction/orientation, thus making the product a vector quantity.

2.4.5.1 Macromolecular Aggregates (Macromolecule) or Soluble Fragments

An example is collagen. The structure of a macromolecule is its conformation. In this case only one cell type is required (e.g., fibroblast) in the unit cell processes of synthesis and degradation.

2.4.5.2 Acellular Multicomponent Structure (Matrix)

Examples are basement membrane and clot. The structure comprises two or more types of macromolecules and may include nonviable cells. The structure of a matrix is its architecture.

2.4.5.3 Tissue (Cell + Matrix)

A system of multicomponent structures with viable cells. The structure of a tissue is its morphology.

2.4.6 Examples

Examples of unit cell processes are given in Tables 2.5 and 2.6.

2.4.7 Composite Processes

Two or more unit processes can combine to form a composite process (Table 2.7).

2.4.8 Regulators

Unit cell processes are regulated by diffusible soluble substances (Tables 2.8 - 2.11) acting on the cell protagonist directly or by mechanical forces acting on the cell indirectly through the matrix (e.g., by deforming the matrix). The regulators signal the start and the termination of the process. They also serve as connecting links between processes that comprise a composite process (e.g., the "coupling factor" between bone resorption and bone formation). In addition, regulators can control the rate of the process by acting on the cell and the substrate.

2.4.8 Rates of Processes

If the time period over which the unit cell process acts is t, then the rate of the process could be considered to be the quantity of product divided by t.

Cell Protagonists

Cells of the same kind associate to form tissues. Tissues are divided into four types: connective tissue, epithelia, muscle, and nerve. Organs are formed by the combination of two or more tissues.

A. Connective Tissue (Matrix-Continuous)

- 1. Blood (Cells floating freely in a fluid matrix until clotting; then a fibrillar matrix)
 - a. Neutrophil
 - b. Eosinophil
 - c. Basophil
 - d. Monocyte
 - e. Lymphocyte
 - f. Plasma cell
 - g. Platelet
 - h. Red blood cell
- 2. Reticular Tissue (Cells in semi-solid matrix comprising reticular fibers, i.e., small diameter Type III collagen fibers. Examples include the framework of spleen, lymph nodes, bone marrow.)

Fibroblast (synthesis of the Type III collagen) Reticular cell (macrophage-like)

3. Loose Fibrous Tissue (Cells in semi-solid matrix comprising reticular and thicker collagen fibers. An example is stroma, the supporting tissue or matrix of an organ, as distinguisheded from its functional element, or parenchyma.)

Fibroblast

- 4. Dense Fibrous Tissue (e.g., dermis, ligiment, tendon) Fibroblast
- 5. Adipose (Fat) Cell
- 6. Hyaline Cartilage and Fibrocartilage Chondrocyte
- 7. Bone
 - a. Osteoblast
 - b. Osteocyte
 - c. Osteoclast
- 8. Tooth
 - a. Odontoblast (synthesis of dentin)

- b. Cementocyte (synthesis of cementum)
- 9. Other
 - a. Macrophage/Histiocyte
 - b. Mast cell
 - c. Pericyte

B. Epithelia (Cell-Continuous)

- 1. Simple
 - a. Squamous cell (e.g., lining of blood vessels)
 - b. Cuboidal cell (non-secretory and secretory)
 - c. Columnar cell (e.g., lining of organs; including ameloblasts that synthesize enamel)
- 2. Pseudostratified Columnar Ciliated Cell (respiratory passages)
- 3. Compound (Stratified)
 - a. Transitional cell (e.g., lining of urinary passages)
 - b. Columnar cell (relatively uncommon)
 - c. Squamous cell (uncornified and cornified, e.g., skin)

C. Muscle (Contractile Cells)

- 1. Smooth muscle cell
- 2. Cardiac muscle cell
- 3. Skeletal (striated) muscle cell
- 4. Myofibroblast

D. Nerve Tissue

Nerve Cell

TABLE 2.2 Sites and Times at Which Unit Cell Processes Occur in Certain Clinical Sequences

Process/ (Protagonist Cell)	<u>Site</u>	<u>Time</u>	Clinical Sequence
Clotting (Platelet)	Vascular Tissue	Acute and Chronic	Wound Healing Stroke (thrombosis)
Collagen Degradation (Fibroblast)	Connective Tissue	Acute	Childbirth Wound healing
(Tiorobiast)		Chronic	Collagen turnover Development Tumor resolution
		Acute and Chronic	Neoplasia Metastasis Bacterial infection
		periodontal disease	(e.g. pneumonia, e)
Collagen Synthesis (Fibroblast)	Connective Tissue	Acute and Chronic	Tumor growth Scar formation Regeneration
Epithelialization		Acute	Wound healing
(Epithelial Cell)	oral mucosa	Chronic	Epithelioma

Substrates Involved in Unit Cell Processes: Components of Extracellular Matrix

Collagen

Elastin

Adhesion Proteins (e.g., fibronectin, laminin)

Glycosaminoglycans

Proteoglycans

Apatite (mineral)

Products of Unit Cell Processes

PROCESS PRODUCT

Mitosis More cells/Cell proliferation

Synthesis

Insoluble matrix proteins Matrix

Enzymes Soluble matrix fragments

Cytokines Regulators

Exocytosis (of stored granules/packets Regulators

of regulators)

Endocytosis Solubilized fragments

Migration Translocation

Contraction Stress/Strain

Examples of Unit Cell Processes

1. Clotting

Platelets interacting with ("activated" by) collagen fibers (serving as an insoluble regulator) or reacting to injury/implants act on a collagen fiber to **exocytose** granules of pre-packaged regulators (process of degranulation) and produce a clot.

2. Endocytosis

Macrophages **endocytose** fragments of the substrate. The substrate can be ECM, bacteria, or synthetic or natural materials related to implants. The products are small molecular weight metabolites.

3. Collagen Degradation

Fibroblasts **synthesize** the enzyme, collagenase, to depolymerize a collagen fiber to produce soluble peptide fragments.

4. Collagen Synthesis

Fibroblasts attach to ECM components and synthesize collagen molecules.

5. Contraction

Myofibroblasts exert contractile forces on collagen fibers.

6. Epithelialization

Epithelial cells act on a basement membrane and undergo **mitosis** in order to produce a confluent layer.

7. Bone Formation

Osteoblasts attach to ECM components and **synthesize** bone matrix.

8. Bone Resorption

Osteoclasts attach to bone matrix and **synthesize** protons and collagenase in order to solubilize the matrix, thereby producing peptide fragments and components of the apatite mineral.

TABLE 2.6
Examples of Unit Cell Processes

Unit Cell Process	Cell <u>Protagonist</u>	<u>Substrate</u>	Activity/Function	Product
Clotting	Platelet	Collagen	Exocytosis (Degranulation)	Platelet Aggregation
Collagen Degradation	Fibroblast	Collagen Fiber	Synthesis: Collagenase	Soluble Collagen Fragments
Collagen Synthesis	Fibroblast	ECM Component	Synthesis: Collagen	Collagen

Composite Unit Cell Processes

- Collagen Remodeling
 Collagen degradation + collagen synthesis
- 2. Neovascularization Collagen synthesis + endothelialization
- 3. Scar Formation
 Collagen synthesis + contraction

Supercomposite Unit Cell Processes

- 1. Tissue Remodeling Associated with Wound Healing Collagen remodeling + neovascularization + scar formation
- 2. Bone Remodeling
 Bone resorption + bone formation
- 3. Acute Inflammation
 De-endothelialization + clotting + endocytosis + neovascularization
- 3. Granulation Tissue Formation Neovascularization + collagen synthesis.+.endocytosis
- 4. Chronic Inflammation Endocytosis + neovascularization + collagen degradation + collagen synthesis.

Regulators of Unit Cell Processes

Cytokines*

Interleukins

IL-1

II.-6

Tumor Necrosis Factor (TNF)

Platelet Derived Growth Factor (PDGF)

Insulin-like Growth Factor (IGF)

IGF-1

IGF-2

Fibroblast Growth Factor (FGF)

basic FGF

Transforming Growth Factor (TGF)

TGF-B

Eicosanoids**

Prostaglandins

PGE₂

Leukotrienes

LTB4

Differentiation Factors

Bone Morphogenetic Protein (BMP)

- * Cytokines are polypeptides (proteins) that regulate many cell functions. They act on a target cell by binding to specific high-affinity receptors. Cytokines that act on the same cell that produced them are called autocrine factors; those that act on other cells are called paracrine factors; those that act systemically (through the vascular system) are referred to as endocrine factors. Molecules that switch on (i.e., regulate) mitosis are referred to as growth factors.
- ** **Eicosanoids** are chemically related signaling lipid molecules made primarily from arachidonic acid (fatty acid). Eicosanoids include prostaglandins, leukotrienes, thromboxanes, and lipoxins. Prostaglandins are continuously synthesized in membranes from precursors (20-carbon fatty acid chains that contain at least 3 double bonds, *e.g.*, arachidonic acid) cleaved from membrane phospholipids by phospholipases, membrane-bound enzymes. They are continuously released by the cell, and are degraded by enzymes in the extracellular fluids. The subscript of PGE2 refers to the 2 double bonds outside the ring structure.

TABLE 2.9 Certain Cytokines (Growth Factors) as Regulators of Cell Activities*

	Migration (Chemotaxis) Synthesis, FB						
<u>Cytokine</u> <u>Collagenase</u>	<u>FB*</u>	<u>* EN</u>	<u>FB</u>	<u>EN</u>	<u>MC</u>	<u>Collagen</u>	
Platelet Derived Growth Factor (GF) (PDGF)	+	0	+	0	+	+	+
Fibroblast GF (FGF)	+	+	+	+	?	?	+
Transforming GF- β (TGF- β)	- /+	-	+	?	+	+	+
Transforming GF- α and Epidermal GF (EGF		+	0	+	?	?	+
Interleukin-1 (IL-1) and Tumor Necrosis Factor (TNF)	+	0/-	?	?	+	+	+

Stimulates

Inhibits

No effect

^{*} Adapted from R. Cotran lectures and Sprugel, et al, Am. J. Pathol., 129:601, 1987. ** FB- Fibroblast; EN-Endothelial Cell; MC - Monocyte

TABLE 2.10

Regulators in Acute Inflammation

Cell <u>Regulator</u>	Source	Vascular Leakage/ Endoth. Cell Contraction	Leukocyte Migration/ Chemotaxis
Eisoanoid Leukotriene B ₄ (LTB ₄)	Leukocyte	0	+
Cytokines Platelet Act. Factor (PAF)	Leukocyte	+	+
IL-1	Macrophage	0	+
TNF	Macrophage	0	+
Amino Acid Derivatives Histamine Platelet	s Mast Cell	+	0
Seratonin Platelet	Mast Cell	+	0

TABLE 2.11
Regulators for Bone Cells

	Cell Source	Osteoblast, OB		Osteoclast, Precursor Cell		
Regulator	(Regulator)	<u>Mitosis</u>	Synthesis	Mitosis	Synthesis*	
TCF 0	NU OD OG			0	•	
TGF-β	$M\phi$, OB, OC	+-	+	0	0	
bFGF	Mφ, OB	+	-	0	0	
PDGF	Mφ, OB	+	+	0	0	
IGF	OB	+	+	0	0	
BMP	OB	+	0	0	0	
IL-1	Мф	+	+?	+	0	
PGE_2	Mφ, OB	+-	+-	?	+	
TNF α	Мф	+	?PGE ₂	?	+	
CSF-GM	Mφ, OB	0	0	+	0	
Calcitonin (S)**		0	0	0	+	
PTH (S)		0	PGE ₂ , CSF-C	GM 0	0	
EGF (S)		+	-	0	0	

^{*} Osteoclast activity relates to synthesis of enzymes and hydrogen ions.

TGF: Transforming Growth Factor FGF: Fibroblast Growth Factor

PDGF: Platelet Derived Growth Factor

IGF: Insulin-like Growth Factor BMP: Bone Morphogenetic Protein

IL: Interleukin

TNF: Tumor Necrosis Factor

CSF-GM: Colony Stimulating Factor-Granulocyte/Monocyte

PTH: Parathyroid Hormone EGF: Epidermal Growth Factor

^{**} Systemic factors not yet found to be produced in bone.

TABLE 2.12
Summary of Matrices, Regulators, and Unit Cell Processes According to Tissue Type

Tissue Type	Matrices	Regulators	Mit	Syn	Migr	Cntr	Endo	Exoc
Connective Tissue								
Epithelia								
Muscle								
Skeletal								
Cardiac								
Smooth								
> III UUUII								
Nerve								
110110								

2.6 CONTRACTION AND MIGRATION: ENDOGENOUS FORCE GENERATION

2.6.1 Functions of Cytoplasmic Actin Filaments

- 1) Contribute to maintaining cell shape.
- 2) Enable cell division.
- 2) Cell migration (many cell types).
- 3) Endocytosis (viz., polymorphonuclear neutrophils and macrophages).
- 4) Provide for cell contraction that results in tensile or compressive forces in the extracellular matrix. These forces cause a) tissue contraction in wound healing, b) the normal "tensioning" of structures such as tendons and ligaments, and c) pathological contracture associated with certain disorders (*e.g.*, contracture of scar and the fibrous capsule around breast implants).
- 5) Intracellular movement of molecules and organelles.

2.6.2 Actin Filament Formation

- 1) Single molecules (i.e., monomer units of G-actin) aggregate (polymerize) to form small groups (2-3 G-actin units, dimers and trimers), which serve as "nuclei" to which other G-actin molecules attach.
- 2) Polymerization leads to formation of a long stiff rod (filament) of actin (F-actin). Because of the shape of G-actin units and the geometry of aggregation one end of the F-actin filament has the shape of an arrowhead and the other end is "barbed."

2.6.3 Mechanisms of Generating Tensile and Contractile Forces within the Cell Tensile Forces

- 1) Reversible polymerization of G-to F-actin
- 2) Bundling of F-actin filaments (polymers) into a stiff fiber (stress fiber)
- 3) Reversible gelation solvation of 3-D actin gels
 - a. "Gelation" occurs with the formation of 3-D networks of orthogonally oriented Factin filaments produced by bonding of "actin binding protein" (ABP) to two Factin filaments. ABP serves as a flexible hinge.
 - b. ABP facilitates actin gelation
 - c. A calcium bonding protein (gelsolin) can dissolve actin ABP gels (Ca dependent)

Contractile Forces

- 4) Myosin actin interaction: sliding filament model Globular head of hinged myosin molecule attaches to an actin molecule. Alteration (conformational change) of the myosin molecule causes actin filament to slide. Myosin then attaches to the adjacent actin molecule and the process is repeated.
- 5) Myosin actin interaction: Contraction of orthogonal actin network.

2.7 SUMMARY OF THE EFFECTS OF EXOGENOUS MECHANICAL FORCES ON CELLS AND GENERATION OF CONTRACTILE FORCE BY CELLS

CELLS AND GENERATION OF CONTRACTILE FORCE BY CELLS

2.7.1 Effects of Exogenous Forces

- A. Increase in Force Leads to Increase in Tissue Mass
 - 1) Hypertrophy (e.g., skeletal muscle) Increase in synthesis of contractile proteins.
 - 2) Hyperplasia (e.g., bone)
 - a. Increased number of cells (*growth*) resulting from mitosis of pre-osteoblasts. The cell cycle is shortened and/or cells in G₀ are recruited into the cell cycle. Strain might serve as a *competence factor* to render cells in G₀ or G₁ competent to synthesize DNA and/or as a *progression factor* that stimulates DNA synthesis in competent cells.
 - b. Increased synthesis of extracellular matrix components (viz., collagen and glycosaminoglycans) by osteoblasts
- B. Decrease in Force Leads to Decrease in Tissue Mass (Atrophy)
 - 1) Imbalance between the degradation and formation phases of tissue remodeling. Degradation may proceed at the normal rate but formation decreased in the absence of normal mechanical loading (strains).
 - 2) Mechanical strains may act to downregulate cell synthesis of enzymes and other agents. A decrease in strain would allow for the increased synthesis of these tissue-degrading agents. This has not yet been demonstrated.

2.7.2 Effects of Endogenous Forces

A. Cell Contraction (Contractile Forces in the Cell)

Synthesis of contractile proteins (viz., actin).

Increase in contraction due to the increase in amount of contractile protein (intracellularly) and/or increase in number of cells (mitosis) capable of contracting.

B. Cell Migration (Tensile Forces in the Cell) Intracellular assembly of actin networks.