Obesity and type 2 diabetes in renal pathology

Gema Medina-Gómez

Department of Biochemistry, Physiology and Molecular Genetics, Faculty of Health Sciences, Universidad Rey Juan Carlos, Madrid, Spain

The western world has recently suffered a worrying increase in the prevalence of obesity, as a result of a sedentary lifestyle and changes in eating habits. Obese people have a higher risk of developing hypertension, coronary disease, insulin resistance, type 2 diabetes and metabolic syndrome. Furthermore, recent studies have also associated chronic kidney disease with obesity. Excess of lipids accumulate in tissues other than adipose tissue contributing to damage through a process called lipotoxicity.

Lipotoxicity is produced by an excess in the intracellular content of nonesterified fatty acids and by the accumulation of toxic products from lipid metabolism, such as diacylglycerols and ceramides. Dysfunction and cell damage caused by the lipotoxicity in different organs are produced by several mechanisms including the generation of reactive oxygen species (ROS), the alteration and/or inhibition of cell signalling pathways and the release of pro-inflammatory and profibrotic factors. This process has been described in multiple tissues including muscle cells, hepatocytes and pancreatic beta cells. In 1858, studies suggested for the first time the existence of an association between the presence of lipids and the development of renal pathology. This work described a series of successive stages in metaplasia of lipid deposits in the kidney from diabetic patients.

Nowadays new evidences suggest that the accumulation of lipids and lipotoxicity might lead to kidney dysfunction. There are several factors involved in renal lipotoxicity and the consequent dysfunction of kidney (Fig. 1). Firstly, the kidney is affected by dyslipidemia, i.e. an alteration in levels of lipids and lipoproteins in the blood. This alteration could act directly on the kidney and cause deleterious effects due to the accumulation of nonesterified free fatty acids. Indirectly, and due to a systemic inflammation, dyslipidemia may lead to increased oxidative stress and ROS and production/activation of cytokines and hormones associated with renal pathophysiology.

Secondly, renal dysfunction could take place due to the accumulation of lipids at both glomerular and tubular level, basically in the proximal segment. This accumulation of lipids in the kidney is associated with changes in the expression of genes involved in the regulation of lipid metabolism such as SREBP (sterol regulatory element binding protein) and also due to the activation of TGF-β (transforming growth factor-β) pathway by induction of ROS. These changes in intrarenal lipid metabolism favour kidney damage and show that the kidney is not acting as a passive organ that is only affected by variation that occur at systemic level. It has been observed that, when there is an excess of fatty acids, these are deposited in the kidney in the form of lipid droplets. This process leads to an increase in the intracellular concentration of fatty acids in tubular cells. If this increase exceeds the β-oxidative capacity of mitochondria, the result is an accumulation of triglycerides and the generation of lipid metabolites with potentially toxic effect, such as ceramides. These toxic metabolites could also interfere with mechanisms of cell signaling such as insulin, causing resistance to this hormone.

Finally there are a number of recent studies based on the lipotoxic effect on the podocytes and glomerular filtration barrier. Several studies have shown how segments rich in

E-mail: gema.medina@urjc.es

1575-0922/$ - see front matter © 2013 SEEN. Publicado por Elsevier España, S.L. Todos los derechos reservados.
cholesterol (lipid rafts) are inserted in the slit diaphragm of podocytes between several proteins such as podocin and nephrin. These lipid rafts help to maintain the union within podocin, nephrin and TRPC-6 (nephrin-transient receptor potential channel 6) in the slit diaphragm. In addition, the podocin suffers a posttranslational modification, a palmitoylation, which maintains its strong interaction with the lipid rafts. The dysregulation of the fatty acid oxidation could affect the process of podocin palmitoylation and therefore, affect the correct insertion into the membrane. An overload of fatty acids could alter the lipid composition of the rafts and interfere with signalling network podocin-nephrin-TRPC-6-actin cytoskeleton to produce a cascade of pathological effects.

Recently it has been shown that the obesity-related glomerulopathy and chronic kidney diseases are complications of obesity. Specifically, the renal effects of obesity in humans and experimental animals include structural and functional adaptations such as the increase in the rate of glomerular filtration ratio (GFR), the increase in the renal blood flow, renal hypertrophy, segmental glomerulosclerosis and glomerulomegalia.

In obese animal models it has been described that there is a lipid accumulation at glomerular and interstitial level, and in the cells of the proximal tubule, accompanied by an increase in the expression of renal SREBP1 and other lipogenic genes. On the other hand it has been shown that a high fat diet induces an elevation of renal triglyceride content in the knockout mouse for SREBP-1c and an increase in the expression of Plasminogen activator inhibitor-1 (PAI-1), Vascular endothelial growth factor (VEGF) and proteins of the extracellular matrix, in contrast to the control wild type mouse. These data suggest that obesity induced by a high fat diet causes increased renal accumulation of lipids and glomerulosclerosis via a SREBP-1c-dependent pathway.

Treatment with agonists of one of the most important transcription factors in the control of adipogenesis, the Peroxisome proliferator-activated receptor gamma (PPARγ), attenuates the lipid accumulation and reduces the damage at kidney level. PPARγ is a member of the nuclear hormone receptors family involved in the regulation of the adipogenic programme. In addition to the adipogenesis control, PPARγ also has a key role in controlling insulin sensitivity as a therapeutic target for the treatment of type 2 diabetes. This similar effect of attenuation with PPAR agonists is also seen in models of heterozygous mice for PPARγ, in which a diet with high content of fat induces renal damage.

At least there are four transcripts from the mRNAs of PPARγ which encode two different proteins, PPARγ1 and PPARγ2. While PPARγ1 is expressed in ubiquitous localizations, PPARγ2 is expressed exclusively in white and brown adipose tissue in physiological conditions. The lack of both isoforms of PPARγ produces embryonic lethality due to a lack of placental development.

As described above, various murine models have been generated with partial lack of function of PPARγ. The PPARγ2 knockout (KO) mouse lacks one of the two isoforms of PPARγ. These mice have not developed an obvious metabolic phenotype in normal conditions, however when crossing them with the genetically leptin deficient obese mouse (ob/ob), the POKO mouse was generated. The
POKO mouse is an example of dissociation between fat and insulin resistance. This mouse has a 10-20% more fat than the wild type mouse, but less than half of the mass of an obese mouse. However, despite being thinner than the obese ob/ob, the POKO mouse presents diabetes and insulin resistance from an early age.\(^1\) The POKO mouse shows: \(\text{a) hyperphagia; b) insulin resistance; c) hyperglycemia and dyslipidemia at an early age of 4 weeks and complete loss of } \beta \text{-cell at 16 weeks.} \) We investigated the structural and functional changes in the kidneys and blood pressure in POKO mice.\(^1\) At 4 weeks of age, these animals exhibited a significant increase in blood pressure, a higher urinary albumin/creatinine rate similar to ob/ob mice, but a significant increase in the renal hypertrophy ratio compared with their obese littermates. Additionally, POKO mouse showed an incipient glomerular damage associated with a significant increase in the renal expression of the parathyroid hormone related protein (PTHrP), TGF-\(\beta\) and other related factors of inflammation and fibrosis such as monocyte chemo-attractant protein (MCP-1) and collagen IV. These data suggest an accelerated lesion through the glucolipotoxic effects in the renal pathology associated with the metabolic syndrome and insulin resistance in POKO mice.\(^1\) 

**Conflicts of interest**

The author declares that she has no conflicts of interest in this article.

**References**