Role of cannabinoids in the regulation of bone remodeling

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INTRODUCTION
The endogenous cannabinoid (endocannabinoid) system is a complex network of receptors, a variety of ligands, and a series of enzymes that are responsible for ligand synthesis and breakdown. Endocannabinoids and their receptors are involved in the regulation of numerous physiological processes including neurotransmission, pain perception, learning, memory, cardiovascular homeostasis, appetite, motor function, and the immune response (reviewed in Klein et al., 2000; Grant and Cahn, 2005; Di Marzo, 2002). It should be noted, however, that FAAH is not specific for cannabinoids and degrades many other lipid containing molecules (reviewed in Fowler, 2012; Hermann et al., 2006). Anandamide and 2-AG are highly expressed in the brain and are also detected in a number of peripheral tissues including heart, liver, kidney, testis, and blood (Felder et al., 1993, 1996; Stella et al., 1997; Kondo et al., 1998; Di Marzo et al., 2002; Ross, 2003; van der Steh and Di Marco, 2005; Tom et al., 2008). Endocannabinoids have a short half life due to the fact that they are rapidly degraded by a variety of enzymes including fatty acid amide hydrolase (FAAH) and monoacylglycerol lipase (MAGL; Dinh et al., 2002). It should be noted, however, that FAAH is not specific for cannabinoids and degrades many other lipid containing molecules (Bauvararappu, 2007).

There is evidence that the endocannabinoids 2-AG and anandamide are transported across cell membranes by passive diffusion or endocytosis (for extensive review, refer to Fowler, 2012; Hermann et al., 2006). Anandamide and 2-AG are both responsible for ligand synthesis and breakdown all play important roles in bone mass and in the regulation of bone disease. These findings suggest that the endocannabinoid pathway could be of value as a therapeutic target for the prevention and treatment of bone diseases. Here, we review the role of the skeletal endocannabinoid system in the regulation of bone remodeling in health and disease.

Keywords: cannabinoid, Bone, CB1, CB2, GPR55, Osteoblasts, Osteoclasts, Adipocytes

Once formed, endocannabinoids are transported across cell membranes by passive diffusion or endocytosis (for extensive review, refer to Fowler, 2012; Hermann et al., 2006). Anandamide and 2-AG are highly expressed in the brain and are also detected in a number of peripheral tissues including heart, liver, kidney, testis, and blood (Felder et al., 1993, 1996; Stella et al., 1997; Kondo et al., 1998; Di Marzo et al., 2002; Ross, 2003; van der Steh and Di Marco, 2005; Tom et al., 2008). Endocannabinoids have a short half life due to the fact that they are rapidly degraded by a variety of enzymes including fatty acid amide hydrolase (FAAH) and monoacylglycerol lipase (MAGL; Dinh et al., 2002). It should be noted, however, that FAAH is not specific for cannabinoids and degrades many other lipid containing molecules (Bauvararappu, 2007).

The endocannabinoid system plays a key role in regulating a variety of physiological processes such as appetite control and energy balance, pain perception, and immune responses. Recent studies have implicated the endocannabinoid system in the regulation of bone cell activity and bone remodeling. These studies showed that endogenous cannabinoid ligands, cannabinoid receptors, and the enzymes responsible for ligand synthesis and breakdown all play important roles in bone mass and in the regulation of bone disease. These findings suggest that the endocannabinoid pathway could be of value as a therapeutic target for the prevention and treatment of bone diseases. Here, we review the role of the skeletal endocannabinoid system in the regulation of bone remodeling in health and disease.
We and others reported that CB1 receptors are also present on osteoblasts, osteoclasts, and BM derived adipocytes at both the cellular and subcellular levels (Idris et al., 2009). The CB1 receptor, encoded by the CNR1 gene was the first cannabinoid receptor to be identified and it's primarily expressed in the brain (Matsuda et al., 1990). In the skeleton, CB1 receptors are expressed on nerve fibers intervening bone (Yam et al., 2006, 2010) and on cells of the immune system within the BM compartment (Klein et al., 2000, 2003). We and others reported that CB1 receptors are also present on osteoblasts, osteoclasts, and BM derived adipocytes at both protein and mRNA levels (Idris et al., 2009; Rossi et al., 2009). The CB1 receptor encoded by the CNR2 gene was originally identified in macrophages in the marginal zone of the spleen (Munoz et al., 1993) but is now known to be expressed in many other tissues including bone and synovial joints as well as some regions of the central nervous system (Bouaboula et al., 1995; Gallegue et al., 1995; Pertwee, 1997; Nong et al., 2001; Gallegue et al., 1995; Bouaboula et al., 1997; Hosohata et al., 1997a,b; Landsman et al., 1998; Lan et al., 1999; Ross et al., 1999; Meunier et al., 2000). For a comprehensive list of pharmacological properties of some of the most important cannabinoid receptor ligands refer to (Pertwee, 2005, 2010).

**CANNABINOID RECEPTORS IN BONE**

Endocannabinoids and their synthetic analogs bind to and activate two known cannabinoid receptors: CB1 and CB2 (Maccarrone and Finazzi Agro, 2002; Pertwee and Ross, 2002). Recent studies suggest that the "orphan" G protein-coupled receptor GPR55 might represent a third cannabinoid receptor (Begg et al., 2005; Ryberg et al., 2007). The CB1 receptor, encoded by the CNR1 gene was the first cannabinoid receptor to be identified and it's primarily expressed in the brain (Matsuda et al., 1990). In the skeleton, CB1 receptors are expressed on nerve fibers intervening bone (Yam et al., 2006, 2010) and on cells of the immune system within the BM compartment (Klein et al., 2000, 2003). We and others reported that CB1 receptors are also present on osteoblasts, osteoclasts, and BM derived adipocytes at both protein and mRNA levels (Idris et al., 2009; Rossi et al., 2009). The CB1 receptor encoded by the CNR2 gene was originally identified in macrophages in the marginal zone of the spleen (Munoz et al., 1993) but is now known to be expressed in many other tissues including bone and synovial joints as well as some regions of the central nervous system (Bouaboula et al., 1995; Gallegue et al., 1995; Pertwee, 1997; Nong et al., 2001; Gallegue et al., 1995; Bouaboula et al., 1997; Hosohata et al., 1997a,b; Landsman et al., 1998; Lan et al., 1999; Ross et al., 1999; Meunier et al., 2000). For a comprehensive list of pharmacological properties of some of the most important cannabinoid receptor ligands refer to (Pertwee, 2005, 2010).

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REGULATION OF OSTEOCLASTIC BONE RESORPTION BY CANNABINOIDS

The classical cannabinoid receptors CB1 and CB2, and the orphan receptor GPR55 all play significant roles in the regulation of osteoclast function and bone resorption. Idris et al. (2005) were first to report that genetic inactivation of the CB1 receptor results in high peak bone mass in young mice. In this study, a detailed micro-computed tomography scanning of bone and histomorphometric analysis of bone formation and resorption revealed that mice deficient in CB1 receptor have less osteoclasts and reduced bone resorption (Idris et al., 2005). These findings have led to the realization that cannabinoid receptors play a significant role in the regulation of peak bone mass. In keeping with these observations, the CB1 selective antagonist/inverse agonists AM251 and SR141716A have been reported to cause osteoclast apoptosis and inhibit osteoclast formation in vitro and osteoclasts cultured from CB1 deficient mice were found to be resistant to the effects of AM251 indicating that the mechanism of osteoclast inhibition was mediated at least in part, by the CB1 receptor (Idris et al., 2005). Further studies have shown that the CB1 selective antagonist/inverse agonist AM251 (1–3mg/kg/day) prevents ovariectomy induced bone loss in wild type mice and that CB1 deficient mice are resistant to ovariectomy-induced bone loss, findings which support the view that activation of the CB1 receptor promotes osteoclast differentiation and bone resorption (Idris et al., 2005).

There is evidence that the defect in osteoclast formation in CB1 deficient mice is caused both, by a reduction in the sensitivity of osteoclast precursors to RANKL and a reduction in the ability of CB1 deficient osteoblasts to support osteoclast formation due to reduced RANKL expression (Idris et al., 2009). The CB1 receptor also regulates osteoclast activity and bone resorption, but research in this area to date has yielded rather contradictory results. Oëfèk et al. (2016) reported that CB1 deficient mice developed osteoporosis with increasing age due to increased bone turnover. In keeping with these findings, it was reported in the same study that the CB2 selective agonist HU308 inhibited RANKL-induced osteoclast formation in bone marrow and RAW 264.7 cells in vitro. In complete contrast to these findings, Idris and colleagues reported, that anandamide and 2-AG, HU308 and JWH133 enhanced M-CSF and RANKL-induced osteoclast formation over the concentration range 1–1000 nM (Idris et al., 2005, 2008). GPR55 agonists were found in vitro and in vivo to inhibit osteoclast formation, they actually stimulated the resorptive activity of osteoclasts. Conversely, the GPR55 antagonist cannabidiol enhanced osteoclast formation and inhibited resorptive activity. In keeping with these observations male mice with targeted inactivation of GPR55 were found to have increased numbers of osteoclasts in vivo, but these appeared unable to resorb bone effectively since trabecular bone mass was increased and cartilage remnants at the growth plate were not resorbed efficiently. Rather surprisingly, female mice deficient in GPR55 were found to have reduced numbers of osteoclasts and increased amounts of unresorbed growth plate cartilage, but had normal bone mass (Whyte et al., 2009). Further studies in wild type mice revealed that cannabinoid reduced levels of CTX – a biochemical marker of bone resorption – consistent with the in vitro observations. Taken together these observations indicate that activation of GPR55 inhibits osteoclast formation, but increases the ability of osteoclasts to resorb bone. Conversely, inhibition of GPR55 appears to increase osteoclast formation but reduces the ability of osteoclasts to resorb bone. The cannabinoid derivative ajulemic acid (AJA) which is structurally similar to both CBD and THC has been found to inhibit formation of multinucleated TRAP positive cells in RANKL treated RAW264.7 cultures and in M-CSF and RANKL treated bone marrow macrophages (George et al., 2008). The mechanism by which AJA regulates osteoclast formation is unclear since it has weak affinity for CB1, and presumably does not activate CB1 in view of the fact that it lacks psychotropic properties. Possibilities would include an effect on...
PPARγ, which has recently been implicated in the regulation of osteoblast differentiation (Wan et al., 2007) or an effect on the GPR55 receptor.

In summary, there is evidence that both cannabinoid “classical” receptors CB1 and CB2 and the “orphan” receptor GPR55 regulate osteoblast activity and bone resorption. Conflicting results have been reported with regard to the role of CB1 in regulating osteoblast differentiation in vitro with stimulatory effects reported by some workers and inhibitory effects by others. The reasons for these differences remain unclear at present but one explanation may be the fact that many cannabinoid receptor ligands have complex pharmacology and are not entirely specific for the cannabinoid receptors they were originally designed to target. For example, AM251, which was classically considered to be a specific CB1 selective antagonist/inverse agonist has recently been reported to act as a GPR55 agonist (Lauckner et al., 2008, Ross, 2009). Perplexingly SR141716A has been reported to act as a GPR55 agonist (Kapur et al., 2009) or agonist (Lauckner et al., 2008), depending on the assay system used. Similarly, the synthetic cannabinoid agonist CP55,940 has been shown to be as active as a GPR55 agonist/partial agonist and JWH015, formerly considered a specific CB2 agonist has been shown to be a GPR55 agonist (Kapur et al., 2009). These data indicate that the interpretation of some ligand activities previously attributed to effects on the CB1 or CB2 receptors may have been confounded by effects on the GPR55 receptor. Further research will clearly be required to investigate these issues and to explore the relative roles that CB1, CB2, and GPR55 play in regulating osteoblast differentiation and function.

REGULATION OF OSTEOBLAST FUNCTION AND BONE FORMATION BY CANNABINOIDS

Endocannabinoids and their receptors are involved in the regulation of osteoblast differentiation and bone formation. Mice with targeted deletion of the CB1 receptor have been found to develop osteoporosis with increasing age due to reduced bone formation and accumulation of adipocytes in the bone marrow space (Idris et al., 2009). In these studies, bone marrow stromal cells from CB1 deficient mice had an increased capacity for adipocyte differentiation and a reduced capacity for osteoblast differentiation and these effects were reproduced by treatment of wild type cultures with the CB1 selective antagonist/inverse agonist AM251 (Idris et al., 2009). Furthermore, the CB1 selective antagonist/inverse agonist AM251 was found to block the stimulatory effect of CP55,940 on bone nodule formation in vitro (Idris et al., 2009). Signaling studies have shown that blockade of CB1 receptors with AM251 in osteoblast like cells and preadipocytes up-regulated cAMP, stimulated CREB phosphorylation, inhibited expression of the osteoblast-specific transcription factor RUNX2 and increased expression of the adipocyte-specific transcription factor PPARγ (Idris et al., 2009). Other research has shown that the CB1 receptor plays a key role in regulating the increased bone formation that accompanies traumatic brain injury (TBI). This was investigated by Tam et al. (2008) who reported that the expected increase in bone formation following TBI was absent in CB1 deficient mice, but was present in wild type and CB2 deficient mice. In this study, Tam et al. (2008) also reported that TBI induced bone formation in wild type mice was abolished by the beta adrenergic receptor agonist isoproterenol. This led the authors to speculate that CB1 receptors present on presynaptic nerve endings in bone might enhance bone formation by suppressing catecholamine release (Tam et al., 2008). Although this is a plausible hypothesis, the experiments conducted did not determine whether the effect of the CB1 receptor on bone formation was truly mediated by this sequence of events or not. Other studies by the same authors (Tam et al., 2006) showed that bone formation rate and mineral apposition rate were reduced in young (9–12-week old) CB1 deficient mice on a CD1 background, again confirming that CB1 appears to play a key role in regulating bone formation. Recent findings have shown that the CB1 receptor plays a role in glucocorticoid-induced bone loss (Wu et al., 2011; Ko et al., 2012). CB1 blockage attenuated the deleterious actions of glucocorticoid treatment on osteoblast activity and bone formation, significantly reduced bone loss and abrogated marrow adiposity (Wu et al., 2011, Ko et al., 2012). Mechanistic studies revealed that CB1 regulates glucocorticoid-induced dysfunction in osteoblasts via activation of a number of pathways including PI3/Akt, MAPK and runt-related transcription factor 2 and peroxisome proliferator-activated receptor 2 (Wu et al., 2011, Ko et al., 2012).

The CB1 receptor also plays a role in regulating bone formation. The CB1 selective agonists HU308, JWH133, and JWH015 have all been shown to stimulate bone nodule formation in bone marrow stromal cell cultures in vitro, although similar effects have been observed with non-selective agonists including anandamide, 2-AG, CP55,940, and WIN 55,212 (Ofek et al., 2006, Scutt and Williamson, 2007, Idris et al., 2009). A specific role for CB1 receptors in mediating these effects is supported by the fact that bone marrow stromal cells from CB1 deficient mice have a reduced capacity to differentiate into bone nodules when compared with those of wild type littermates. Although mice with targeted inactivation of CB1 have increased bone turnover, there is a relative defect in bone formation as evidenced by the fact that CB1 deficient mice develop age-related osteoporosis (Ofek et al., 2006). This is consistent with a model whereby CB1 is required for maintenance of normal bone formation in high bone turnover states.

The role of the GPR55 receptor on bone formation has not been extensively studied, but Whyte et al. (2009) found no significant abnormalities in histomorphometric indices of bone formation in GPR55 knockout mice and also reported that the GPR55 agonist O-1602 had little effect on bone nodule formation in mouse calvarial osteoblast cultures. In view of this it seems unlikely that GPR55 plays a major role in regulating bone formation. Several phytocannabinoids including cannabidiol, cannabinol, cannabidivarin, THCc, and tetrahydrocannabivarin (THCV) have been reported to stimulate bone nodule formation, collagen production, and alkaline phosphatase activity in cultures of bone marrow stromal cells (Scutt and Williamson, 2007). At the present time, however, it is unclear to what extent these compounds are acting through cannabinoid receptors or other molecular targets. For example the phytocannabinoid THCV which was found in the above study to promote bone nodule formation is known to act as an antagonist of CB1 and CB2 receptors, which would be expected to reduce bone formation.
In summary, current evidence suggests that both the CB1 and CB2 receptors play significant roles in regulating osteoblast differentiation and bone formation in response to TBI and ageing. The fact that CB1 knockout mice develop accumulation of marrow fat also suggests that the CB1 receptor regulates the age-related "switch" in differentiation potential of bone marrow stromal cells (Gimble et al., 2006).

REGULATION OF BONE MASS BY CANNABINOID RECEPTORS

A number of genetic and pharmacological studies have reported that cannabinoid receptors regulate bone mass in health and disease. Mice with deletion of the CB1, CB2, and GPR55 receptors all exhibit abnormalities of bone mass although this is dependent on an extent, on background strain, gender and age. The first report of an abnormality in bone mass in relation to the endocannabinoid system came from the studies of Idris and colleagues who reported that female CB1 deficient mice on inbred (AB6) and outbred (CD1) backgrounds exhibited high peak bone mass affecting the trabecular compartment of bone (Idris et al., 2005).

This was found to be due to a defect in osteoclastic bone resorption and in keeping with this, CB1 deficient mice were found to be resistant to ovariectomy induced bone loss (Idris et al., 2005). In a subsequent study, Idris et al. (2009) demonstrated that the high peak bone mass in CB1 deficient mice was found in both genders, and went on to show that CB1 deficient mice developed marked trabecular osteoporosis with increasing age due to a defect in bone formation and accumulation of marrow fat. Remarkably, this age-related bone loss occurred despite the fact that osteoclastic bone resorption remained lower in CB1 deficient mice than in wild type littermates throughout life. In another study Tam et al. (2006) confirmed that CB1 deficient mice on a CD1 background had high peak bone mass. Although this was observed in both genders, the difference was significant only for male mice. In stark contrast to these findings, CB1 deficient mice on a C57BL/6 background were found by Tam et al. (2006) to have reduced peak bone mass when compared with wild type littermates. The molecular mechanisms for these differences remain to be fully explored but they are probably related to polymorphisms or mutations in genes that interact with cannabinoid receptors to regulate cellular responses in different mouse strains. Abnormalities of bone mass have also been described in CB1 deficient mice. The first report came from Ofek et al. (2006) who found no major abnormalities of bone mass in young (8-week old) mice, but found that by 51 weeks of age, the CB1 deficient mice had developed marked trabecular osteoporosis with cortical expansion. Histomorphometric examination showed evidence of high bone turnover indicating that the likely mechanisms of bone loss was relative uncoupling of bone resorption and bone formation (Ofek et al., 2006). Idris et al. (2008) also found that peak bone mass was relatively normal in CB1 deficient mice and recent studies have shown these mice develop age-related osteoporosis (Sophocleous et al., 2011).

In a recent study, Sophocleous et al. (2012) have reported in an abstract form that combined deficiency of the CB1 and CB2 receptors enhances peak bone mass but increases age-related bone loss. At 3 months of age, female CD1 mice deficient in both CB1 and CB2 receptors had significantly higher peak bone mass than wild type controls due to a significant decrease in osteoclast number and activity. Interestingly, these differences in peak bone mass and bone resorption observed were quantitatively similar to those previously observed in single knockouts of CB1 (Idris et al., 2005, 2009) and CB2 (Sophocleous et al., 2012) in the same background. By 12 months of age female deficient in both CB1 and CB2 receptors had significantly lower trabecular bone mass and histomorphometric analysis showed that this was associated with a dramatic increase in bone marrow fat accumulation and a reduction in osteoblast numbers and bone formation rate compared to wild type controls of similar age. The differences in bone mass and bone cell activity that the authors observed in female deficient in both CB1 and CB2 receptors were quantitatively similar to those previously observed in single knockouts of CB1 but not CB2 (Idris et al., 2009). Altogether, these data indicate that combined CB1 and CB2 deficiency enhances peak bone mass by an effect on bone resorption but predisposes to age-related osteoporosis by promoting adipocyte differentiation at the expense of osteoblast differentiation in the bone marrow compartment. This study demonstrates that CB1 and CB2 have overlapping but distinctive roles in skeletal homeostasis and show that CB2, in particular plays a key role in regulating osteoblast and adipocyte differentiation in the bone marrow compartment. Mice with targeted inactivation of the GPR55 receptor have been reported to have high peak bone mass affecting the trabecular compartment of the tibia and femur, but interestingly this was only noted in male mice (Whyte et al., 2009). The mechanism seemed to be impairment of bone resorption; although the reasons responsible for the gender difference in skeletal phenotype in these animals remains unclear at present.

FUTURE RESEARCH DIRECTIONS

There is a steadily growing body of evidence suggesting that the skeletal endocannabinoid system plays a significant role in regulating bone mass and bone turnover. Several outstanding questions remain unanswered however. One is to define the mechanisms by which endocannabinoid production in bone is regulated and specifically to determine if it is influenced by classical calcium regulating hormones, cytokines and mechanical loading. Further research is also required to fully define the signaling pathways used by these receptors to regulate bone cell activity. There is evidence to suggest that the CB1 receptor regulates osteoblast and adipocyte differentiation through a cAMP-mediated pathway but little is known about the mechanisms by which cannabinoids regulate osteoclast activity. There have been major discrepancies between different studies with regard to the effects of different cannabinoid receptor ligands on osteoclast differentiation and function. These remain to be completely resolved but some of the discrepancies between studies could be due to the fact that many cannabinoid receptor ligands which were previously thought to be specific for CB1 and/or CB2 have now been shown to have effects on GPR55 signaling (Kapur et al., 2009;


Will greatly enhance our understanding of the role of the skeletal endocannabinoid system in bone remodeling and encourage the development of new treatments for bone diseases based on targeting cannabinoid receptors.

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Conflict of Interest Statement: The authors are co-inventors on patents claiming the use of cannabinoid receptor ligands as treatments for bone disease.

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