GLP-1 derivative liraglutide in rats with β-cell deficiencies: influence of metabolic state on β-cell mass dynamics

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1 Liraglutide is a long acting GLP 1 derivative, designed for once daily administration in type II diabetic patients. To investigate the effects of liraglutide on glycemic control and β cell mass in rat models of β cell deficiencies, studies were performed in male Zucker diabetic fatty (ZDF) rats and in 60% pancreatectomized rats.

2 When liraglutide was dosed s.c. at $150\,\mu g\,kg^{-1}$ b.i.d. for 6 weeks in ZDF rats 6 8 weeks of age at study start, diabetes development was markedly attenuated. Blood glucose was approximately 12 mM lower compared to vehicle ($P < 0.0002$), and plasma insulin was 2 3 fold higher during a normal 24 h feeding period ($P < 0.001$). Judged by pair feeding, approximately 53% of the antihyperglycemic effect observed on 24 h glucose profiles was mediated by a reduction in food intake, which persisted throughout the study and averaged 16% ($P < 0.02$).

3 Histological analyses revealed that β cell mass and proliferation were significantly lower in prediabetic animals still normoglycemic after 2 weeks treatment compared to vehicle treated animals that had begun to develop diabetes. When the treatment period was 6 weeks, the liraglutide treated animals were no longer completely normoglycemic and the β cell mass was significantly increased compared to overtly diabetic vehicle treated animals, while β cell proliferation was unaffected.

4 In the experiments with 60% pancreatectomized rats, 8 days treatment with liraglutide resulted in a significantly lower glucose excursion in response to oral glucose compared to vehicle treatment. Again, part of the antihyperglycemic effect was due to reduced food intake. No effect of liraglutide on β cell mass was observed in these virtually normoglycemic animals.

5 In conclusion, treatment with liraglutide has marked antihyperglycemic effects in rodent models of β cell deficiencies, and the *in vivo* effect of liraglutide on β cell mass may in part depend on the metabolic state of the animals.
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Introduction

Glucagon like peptide 1 (GLP 1) is secreted from the intestinal L cells in response to ingested carbohydrates and fat (Kreymann *et al*., 1987; Ørskov, 1992; Holst, 1997). The molecule has a spectrum of physiological effects, including glucose dependent stimulation of insulin secretion and inhibition of glucagon secretion (Gromada *et al*., 1998), inhibition of small bowel motility (Tolessa *et al*., 1998) and gastric emptying (Nauck *et al*., 1997), and reduction of appetite (Flint *et al*., 1998; Toft Nielsen *et al*., 1999). Moreover, recent evidence suggests that GLP 1 and analogs act as trophic agents in the pancreas, causing β cell proliferation and neogenesis (Buteau *et al*., 1999; Edvell & Lindström, 1999; Xu *et al*., 1999; Perfetti *et al*., 2000; Moldrup *et al*., 2001; Farilla *et al*., 2002; Rolin *et al*., 2002), and some studies indicate that it also inhibits

β cell apoptosis (Bregenholt *et al*., 2001; Farilla *et al*., 2002; Li *et al*., 2003). Thus, GLP 1 may be an important physiological regulator of β cell mass. Taken as a whole, these properties make GLP 1 ideally suited to be developed as an antidiabetic agent, particularly since many of its effects are glucose dependent and therefore treatment would likely be associated with a very low risk of hypoglycemia. Consequently, many studies have been undertaken and shown GLP 1 to be highly effective in reducing blood glucose levels in patients with type II diabetes (Nauck *et al*., 1993; Gutniak *et al*., 1994; Rachman *et al*., 1997; Larsen *et al*., 2001a). Native GLP 1 is, however, rapidly degraded by dipeptidyl peptidase IV (DPPIV; Mentlein *et al*., 1993; Deacon *et al*., 1995) and cleared by the kidneys (Deacon *et al*., 1996), giving the biologically active peptide a half life of less than 2 min after i.v. administration (Deacon *et al*., 1996) and 1 2 h after s.c. administration (Knudsen *et al*., 2000). Since the presence of an elevated GLP 1 concentration is necessary in type II diabetic patients in order to obtain a continuous effect, the pharmacokinetic properties of the native

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peptide make it less than ideal for therapeutic use. Liraglutide (Arg^{34}Lys^{26} (N ε (γ Glu(N α hexadecanoyl))) GLP 1(7 37)), also known as NN2211, is a novel long acting analog, obtained by derivatizing GLP 1 with a fatty acid side chain, which promotes albumin binding and prevents degradation by DPPIV (unpublished observations). Liraglutide and GLP 1 are equipotent *in vitro* (Knudsen *et al*., 2000). When injected s.c., these features, combined with a slow release from the injection site, result in a compound with a prolonged plasma half life of 14 h in pigs (Knudsen *et al*., 2000) and 10 12 h in man (Agersø *et al*., 2002; Juhl *et al*., 2002), which makes it suitable for once daily administration (Knudsen *et al*., 2000).

The present study was undertaken to investigate the effects of liraglutide on glycemia and β cell mass in two β cell deficient rat models: male Zucker diabetic fatty (ZDF) rats, a model of type II diabetes in which insulin resistance and β cell defects are prominent features (Clark *et al*., 1983; Etgen & Oldham, 2000), and 60% pancreatectomized Sprague Dawley rats, a model of β cell deficiency (Liu *et al*., 2000).

Methods

Animals

All studies were carried out with permits from the Animal Experiments Inspectorate, Ministry of Justice, Denmark. Male ZDF (*fa/fa*) rats (ZDF) and lean male ZDF (*fa/+* or *+/+*) rats (lean) were purchased from Genetic Models Inc. (Indianapolis, IN, U.S.A.) and housed two per cage (study 1a and 1c) or individually (study 1b). Male Sprague Dawley rats were obtained from M&B, Lille Skensved, Denmark, and were housed individually. Unless otherwise stated, animals had free access to food (Purina 5008) and drinking water.

Experimental procedures

Dosing   In all studies, the animals were dosed with sub cutaneous injections (1 ml kg^{-1}) of vehicle or liraglutide at the various doses indicated at approximately 0715 0800 and 1400 1415 h. Twice daily dosing was used because the pharmacokinetic half life of liraglutide is only approximately 4 h in rats (Novo Nordisk, data on file).

Blood sampling   Blood for the determination of whole blood glucose concentration and HbA$_{1c}$ was collected into heparinized 10 and 5 μl glass tubes, respectively, by puncture of the capillary vessels in the tail tip, and diluted in analysis buffer. Samples for insulin measurements were also collected from the tail into 100 μl heparin coated glass tubes and were centrifuged at 4°C for 10 min and plasma was separated and stored at 20°C until assayed.

Oral glucose tolerance test   Oral glucose tolerance tests (OGTTs) were performed in fasted animals. For ZDF rats, 1 g kg^{-1} glucose solution and for 60% pancreatectomized rats, 2 g kg^{-1} glucose solution was administered by gavage. Com pound or vehicle was administered at the regular time points. Samples for the measurement of blood glucose and, in some cases, plasma insulin were drawn immediately prior to glucose administration and at intervals thereafter.

Studies in ZDF rats

These studies were performed to investigate the ability of liraglutide to influence diabetes development and β cell proliferation and mass in the ZDF rat model.

Study 1a   Three groups of animals ($n = 6$; age 7 8 weeks at the start of the study) were housed two per cage and treated b.i.d. with either vehicle or liraglutide (low dose, 30 μg kg^{-1}; high dose, 150 μg kg^{-1}) for 6 weeks. Initial random glucose concentrations were not significantly different between the three groups (vehicle: 6.55±0.33; low dose: 6.40±0.22; high dose: 6.42±0.20 mM). Blood samples for 24 h profiles of glucose were taken approximately every 4 h on day 9, OGTTs were performed on days 21 and 36, and a final 24 h profile of glucose and insulin was carried out on day 41. Food and water intake were monitored daily (at approx. 0800 h), and body weight was measured regularly.

Study 1b   Pair feeding was employed in order to investigate to what extent the blood glucose lowering effect observed with 150 μg kg^{-1} liraglutide in study 1a could be ascribed to the reduction in food intake. Four groups of animals (age 6 weeks at the start of the study) were individually housed and treated b.i.d. with either vehicle (lean, $n = 9$; ZDF vehicle, $n = 7$; ZDF pair fed, $n = 8$) or liraglutide (150 μg kg^{-1}, $n = 8$) for 6 weeks. Pair matching was based on the animals' initial body weights. Daily food consumption was measured for each liraglutide treated animal and this amount of food was then made available to the pair matched vehicle treated animal on the following day. Glucose and insulin profiles (24 h) were assessed on day 38. Food and water intake were measured daily and body weight was recorded twice weekly.

Study 1c   Two groups of animals ($n = 9$ 10; age 8 weeks at the start of the study) received either vehicle or liraglutide (200 μg kg^{-1}) b.i.d. for 2 weeks. OGTTs were performed after the first dose and again after 13 days. Food and water consumption were recorded throughout the study period. Body weight and fructosamine were measured before and at the end of the study.

Studies in 60% pancreatectomized rats

These studies were performed to test the effect of short term liraglutide treatment on glucose tolerance and β cell mass in 60% pancreatectomized rats, a nongenetic model of β cell deficiency.

Study 2a   In all, 12 male Sprague Dawley rats of 80 100 g received presurgical streptocillin treatment (50 μl (100 g^{-1}) i.m.) prior to isofluoran anesthesia and were subjected to 60% pancreatectomy using the method previously described (Liu *et al*., 2000). Briefly, the portion of the pancreas bordered by the spleen and ventriculus extending to the duodenum was carefully removed by gentle abrasion with cotton applicators, leaving the ligament with arteries and veins intact. The remnant pancreatic tissue was anatomically defined as the duodenal segment. All animals received postsurgical pain relief Finadyne (20 μl (100 g^{-1}) i.m.) and were allowed to recuperate for 4 days postoperatively. Animals were allocated into two groups ($n = 6$), based on an OGTT on day 4, after which they

received either vehicle or liraglutide (100 μg kg^{-1}) b.i.d. for 4 days. A second OGTT was carried out on day 8.

Study 2b   In all, 24 male Sprague Dawley rats were subjected to 60% pancreatectomy and allocated into three groups ($n = 8$) after an OGTT on day 4. One group was thereafter treated with vehicle, a second vehicle treated group was pair fed relative to the liraglutide treated group, and the third group received liraglutide (150 μg kg^{-1}) b.i.d., all for 4 days. A second OGTT was carried out on day 8.

Histology   In all studies, 4 h prior to killing, animals were injected with bromodeoxyuridine (BrdU, 100 mg kg^{-1} i.p.). The animals were anesthetized with CO_2, decapitated, and approximately 5 ml whole blood for determination of fructosamine (study 1a) and liraglutide concentrations (study 1b) was collected from the trunk into 10 ml tubes containing 0.12 ml 15% K_3 ETDA. The pancreata were immediately isolated for histological analysis, weighed, fixed in 4% paraformaldehyde overnight, cut in small pieces, fractionated according to the smooth fractionator principle (Bock *et al.*, 1999), dehydrated, and embedded in paraffin. Paraffin sections (3 μm) were cut, deparaffinized, rehydrated, the endogenous peroxidase blocked by H_2O_2 in 96% ethanol, and blocked with avidin and then biotin, before use for immunohistochemical staining of islet cell markers, which was carried out with slides from all pancreata in parallel. For antigen retrieval, the sections in 0.01 M citrate buffer pH 6.0, preheated to 90°C, were heated 3×5 min in a microwave oven, before blocking with avidin and biotin blocking solutions (DAKO) and 10% normal goat serum. BrdU was stained by monoclonal mouse anti BrdU (M0744, DAKO) 1:50 in 7% goat serum 3% rat serum in TBS, biotinylated goat anti mouse Ig (E0433, DAKO) 1:300, and streptavidin peroxidase (Vectastain, Vector). The peroxidase activity was developed 5 min with 0.066% diaminobenzidine (DAB) + 0.01% H_2O_2 + 2.5% $NiSO_4$ to render BrdU containing nuclei black. Insulin was stained with guinea pig antiinsulin (#651041, ICN) 1:400 in 7% rabbit serum 3% rat serum in TBS T, peroxidase coupled rabbit anti guinea pig Ig (P141, DAKO) 1:100, and developed with DAB for brown cytoplasm or with Vector Nova Red (Vector) according to the manufacturer, to stain the β cell cytoplasm reddish brown. Finally, the slides were lightly counterstained with Mayer's hematoxylin. Neighboring sections were stained for non β cells with a mixture of monoclonal mouse antiglucagon (GLU 001, Novo Nordisk) 1:800 + rabbit antisomatostatin (A566, DAKO) 1:600 + rabbit antipancreatic polypeptide (A619, DAKO) 1:1000 in 4% swine serum + 4% goat serum + 3% rat serum in TBS T, detected using biotinylated goat anti mouse IgG (E0433, DAKO) 1:400 + biotinylated swine anti rabbit (E353, DAKO) 1:400, streptavidin peroxidase, and developed with DAB and $NiSO_4$, as above. In ZDF studies 1a and 1b, β cells were subsequently stained for insulin as described above. Reagents were obtained from DAKO, Copenhagen, Denmark, if not otherwise stated. BrdU staining of cell nuclei was examined in 1000–1500 β cells per section in an Olympus BX 50 microscope with a video camera and monitor (Olympus, Copenhagen, Denmark), at a total on screen magnification of $\times$1920. The sections were systematically scanned using a PC controlled motorized stage and CAST GRID software (Olympus). The volume fractions of β and non β cells were

estimated by point counting stereological techniques, at a total on screen magnification of $\times$960, a grid of 6×64 points, and step lengths of 1200×1000 mm^2. The sections were examined with their origin blinded to the observer. Two sections cut 250 μm apart were stained and analyzed for each set of estimations.

Assays   Glucose concentrations were measured by the immobilized glucose oxidase method using an EBIO Plus autoanalyser (Eppendorf, Germany). Plasma insulin concentration was measured with an in house ELISA method (Johansen *et al.*, 1999) using 15 μl samples. Rat insulin was used as standard. Per cent HbA$_{1c}$ (Roche A/S) was measured by the enzymatic calorimetric method (COBAS MIRA Plus Autoanalyser, Roche Diagnostic Systems, Basel, Switzerland). The concentration of liraglutide was measured by sandwich ELISA (Wilken *et al.*, 2000).

Statistics   Paired and unpaired *t* tests and one way analysis of variance (ANOVA) with Duncan's and Tukey's *post hoc* tests for pairwise group comparisons were employed. Area under the curve (AUC) was calculated with the trapezoidal rule. Data are expressed as mean $\pm$ s.e.m. Differences with $P < 0.05$ were considered significant.

Results

ZDF studies: metabolic parameters

Glucose tolerance tests   Study 1a: Both the low and high doses of liraglutide significantly lowered glucose excursions (AUC) compared to vehicle treatment. Differences were seen both during the first OGTT (Figure 1; day 21; $P < 0.0005$, ANOVA), and during the second OGTT (Figure 1; day 36; AUCs: vehicle 2250 ± 90 mM min vs low dose 1450 ± 180 mM min vs high dose 760 ± 40 mM min, $P < 0.0002$, ANOVA, all groups different by *post hoc* testing), demonstrating a continuing antihyperglycemic effect at both dose levels. Plasma insulin concentrations were also increased in a dose dependent manner (AUCs: vehicle 33 ± 5 nM min and low dose 59 ± 12 nM min vs high dose 117 ± 8 nM min, $P < 0.0002$, ANOVA, high dose different from low dose and vehicle) and the effect of the drug increased with time. Thus, in the high dose group, the AUC of insulin was increased between the first and second OGTT ($P < 0.005$, paired *t* test), the increase averaging 66%. In contrast, in the vehicle group, the AUC of insulin was decreased between the first and second OGTT ($P < 0.0005$, paired *t* test), the decrease averaging 40%. In the second OGTT, the effect on the second phase of insulin secretion appeared particularly pronounced in the high dose group.

Study 1c: In the shorter term study, no effect of the first dose was observed on glucose or insulin excursion during the OGTT, while significant effects on both parameters were observed on day 13 (data not shown).

Profiles (24 h), fructosamine and HbA1c   Study 1a: After 41 days treatment, the final 24 h glucose profile (Figure 2) was significantly lower in the high dose liraglutide group, the difference to the vehicle treated group averaged $\sim$12 mM (glucose AUCs: vehicle 31 ± 1 M min and low dose 26 ± 3 M min vs high dose 14 ± 2 M min, $P < 0.0002$, ANOVA, high dose
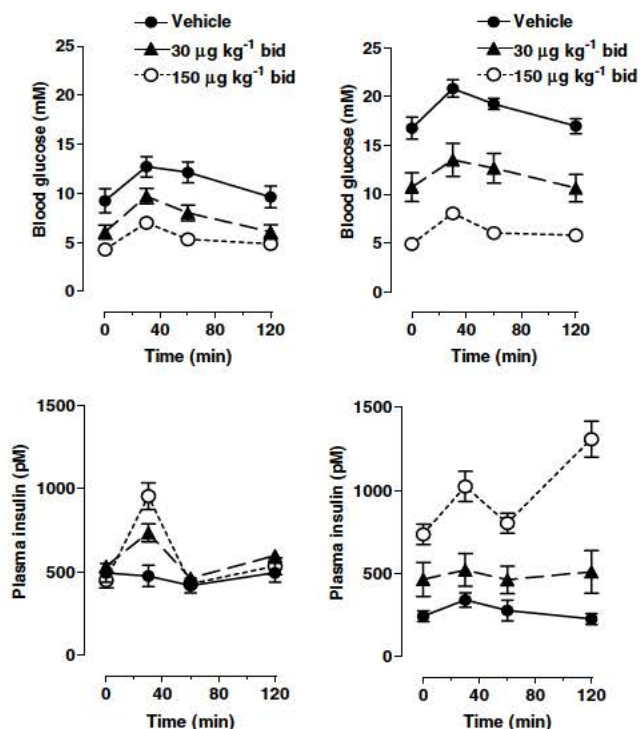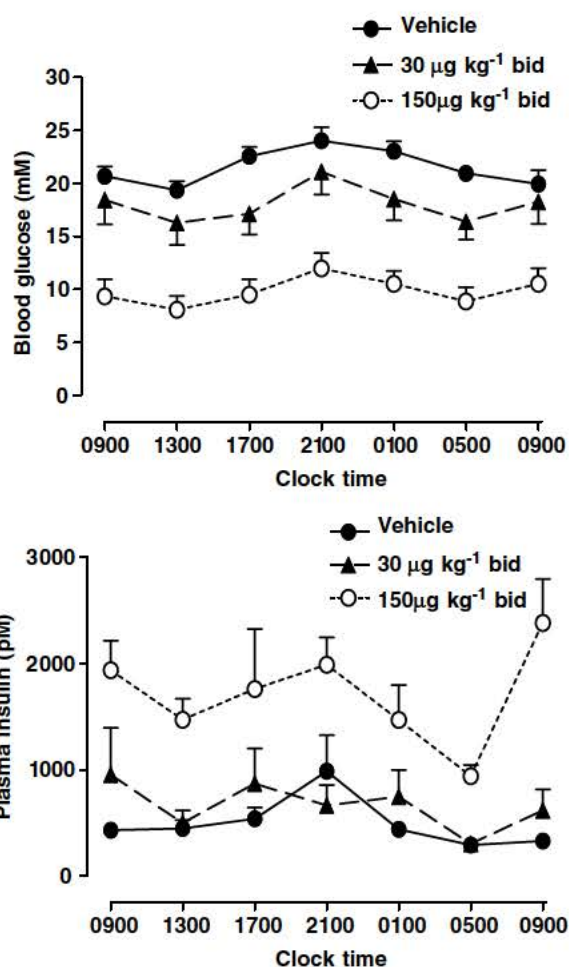
Figure 1 ZDF study 1a. OGTT after 21 days (left) and 36 days liraglutide treatment (right). Glucose (1 g kg^{-1}) was administered by gavage at time 0 to overnight fasted animals and BG and plasma insulin were measured basally and after the glucose challenge. All the three groups differed significantly with respect to total AUC after the glucose challenge ($P < 0.0005$ by ANOVA, day 21, $P < 0.0002$ by ANOVA, day 36).

Figure 2 ZDF study 1a. Glucose and insulin profiles (24 h) after 41 days liraglutide treatment. Animals had free access to food throughout. Judged by 24 h AUCs, BG was significantly decreased ($P < 0.0002$ by ANOVA) and plasma insulin was significantly increased ($P < 0.002$ by ANOVA) in the group receiving high dose liraglutide compared to low dose and vehicle.

different from low dose and vehicle). In contrast, the 24 h insulin profile demonstrated increased insulin levels in the high dose group (insulin AUCs: vehicle $0.74 \pm 0.12 \,\mu$M min and low dose $0.92 \pm 0.30 \,\mu$M min vs high dose $2.35 + 0.34 \,\mu$M min, $P < 0.002$, ANOVA, high dose different from low dose and vehicle). Fructosamine was significantly reduced in the high dose group (vehicle $229 \pm 7 \,\mu$M and low dose $219 \pm 11 \,\mu$M vs high dose $174 \pm 8 \,\mu$M, $P < 0.002$, ANOVA).

Study 1b: After treatment for 38 days, the AUCs of the 24 h glucose profiles were significantly different between all four groups (Figure 3). Lean animals had the lowest and ZDF vehicle animals the highest glucose AUC. Both liraglutide and pair feeding reduced the glucose AUC compared to the ZDF vehicle group. The reduction achieved by pair feeding alone was 7.5 M min, that is, approximately 53% of the 14.2 M min reduction observed with liraglutide treatment (Table 1). Similarly, HbA$_{1c}$ was significantly reduced in both ZDF liraglutide and ZDF pair fed animals compared to vehicle, but was not normal compared with lean vehicle (Table 1). AUC for plasma insulin did not differ between ZDF liraglutide and ZDF pair fed, but both were higher than lean vehicle and ZDF vehicle, which were similar to each other (Table 1). The reproducibility of the glucose and insulin results compared with study 1a strongly suggests that any stress caused to the animals by the individual housing did not influence the development of diabetes.

Study 1c: Fructosamine levels were decreased in the liraglutide group compared to vehicle.

Food and water consumption, body weight

In all the three ZDF studies, liraglutide treatment had an immediate strong effect on lowering both food and water intake immediately after dosing was initiated. With continued dosing, a less pronounced, but significant effect on food and water consumption was observed. At the end of the study, the overtly hyperglycemic vehicle treated ZDF rats consumed significantly more water than the remaining groups. The data from study 1b are representative and are summarized in Table 2. Hematocrit measured at the end of study 1a was not reduced by liraglutide treatment (data not shown), indicating that the reduced water consumption was not associated with dehydration. Within each of the three ZDF studies, initial body weight did not differ between ZDF groups and in the early treatment period, the reduced food intake in liraglutide treated animals resulted in an attenuated weight gain. However, as the treatment duration increased, the difference in weight disappeared, reflecting a treatment related reduced loss of calories due to glucosuria. Data on body weight from study 1b are representative and are illustrated in Figure 4.
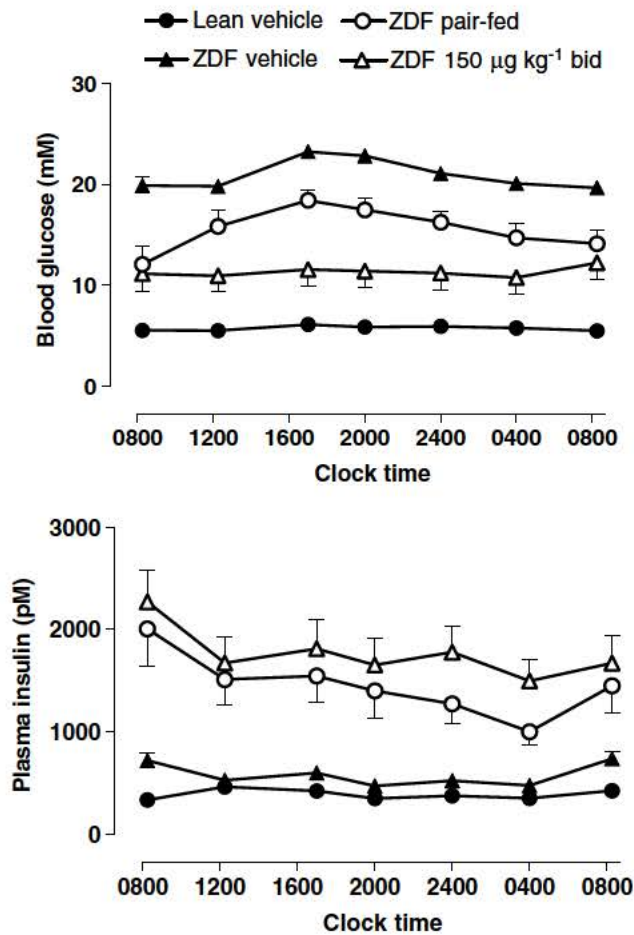
Table 2 ZDF, study 1b: food and water intake

	Average daily food intake (g)	Average daily food intake, final week (g)	Average daily water intake, final week (g)
Lean vehicle	20.2 ± 0.4*	20.0 ± 0.6	29 ± 1#
ZDF vehicle	30.4 ± 0.7*	30.8 ± 0.9*	94 ± 11
ZDF pair fed	23.2 ± 0.3*#	23.5 ± 0.5§#	56 ± 4§#
ZDF liraglutide	23.8 ± 0.4*#	25.1 ± 0.6*#	38 ± 3#
ANOVA	$P < 0.0001$	$P < 0.0001$	$P < 0.0001$

*$P < 0.001$ vs lean vehicle; #$P < 0.001$ vs ZDF vehicle; §$P < 0.01$ vs lean vehicle. Data are mean $\pm$ s.e.m.

Figure 3 ZDF study 1b. Glucose and insulin profiles (24 h) after 38 days liraglutide treatment. Animals had free access to food throughout. Judged by 24 h AUCs, BG was significantly decreased ($P < 0.0001$ by ANOVA) and plasma insulin was significantly increased ($P < 0.0001$ by ANOVA) in animals receiving liraglutide compared to vehicle (see Table 1 for detailed analysis).

Table 1 ZDF, study 1b: AUC of glucose and insulin during 24 h profile and HbA_{1c} after 38 days treatment

	AUC glucose (M min)	AUC insulin (μM min)	HbA_{1c} (%)
Lean vehicle	8.3 ± 0.1	0.6 ± 0.02	3.9 ± 0.04
ZDF vehicle	30.4 ± 0.6*	0.8 ± 0.1	8.6 ± 0.2*
ZDF pair fed	22.9 ± 0.2*†	2.0 ± 0.3*†	6.3 ± 0.4*‡
ZDF liraglutide	16.2 ± 0.2‡§‖	2.5 ± 0.4*‡	5.5 ± 0.4‡§
ANOVA	$P < 0.0001$	$P < 0.0001$	$P < 0.0001$

*$P < 0.001$ vs lean vehicle; †$P < 0.01$ vs ZDF vehicle; ‡$P < 0.001$ vs ZDF vehicle; §$P < 0.01$ vs lean vehicle; ‖$P < 0.05$ vs ZDF pair fed, Tukey's *post hoc* test. Data are mean $\pm$ s.e.m.

Plasma concentration liraglutide

In study 1b, the total plasma concentration (albumin bound + free) of liraglutide was 160 ± 12 nM (approximately 5 7h after the final dose). The high total concentration reflects the albumin binding properties of liraglutide.
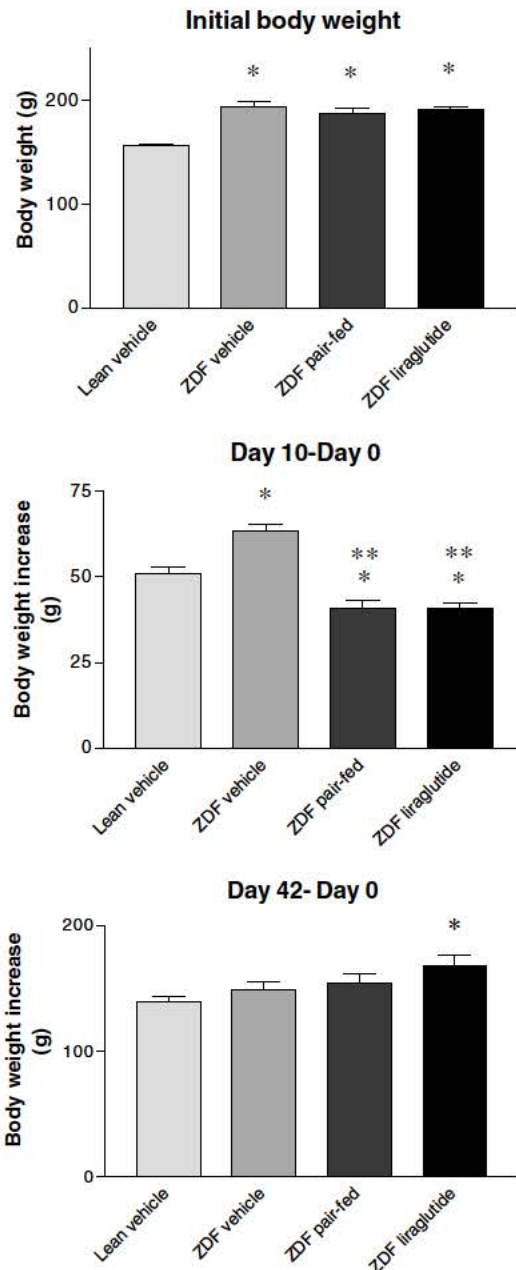

Figure 4 ZDF study 1b. Initial body weight and body weight increase after 10 and 42 days liraglutide treatment. *$P < 0.01$ vs lean vehicle; **$P < 0.001$ vs ZDF vehicle.

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