

# Oxidative stress in atherogenesis and arterial thrombosis: the disconnect between cellular studies and clinical outcomes

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**Summary.** Atherosclerosis is a multifactorial disease for which the molecular etiology of many of the risk factors is still unknown. As no single genetic marker or test accurately predicts cardiovascular death, phenotyping for markers of inflammation may identify the individuals at risk for vascular diseases. Reactive oxygen species (ROS) are key mediators of signaling pathways that underlie vascular inflammation in atherogenesis, starting from the initiation of fatty streak development through lesion progression to ultimate plaque rupture. Various animal models of atherosclerosis support the notion that ROS released from NAD(P)H oxidases, xanthine oxidase, lipoxygenases, and enhanced ROS production from dysfunctional mitochondrial respiratory chain indeed have a causatory role in atherosclerosis and other vascular diseases. Human investigations also support the oxidative stress hypothesis of atherogenesis. This is further supported by the observed impairment of vascular function and enhanced atherogenesis in animal models that have deficiencies in antioxidant enzymes. The importance of oxidative stress in atherosclerosis is further emphasized because of its role as a unifying mechanism across many vascular diseases. The main contraindicator for the role oxidative stress plays in atherosclerosis is the lack of effectiveness of antioxidants in reducing primary endpoints of cardiovascular death and morbidity. However, this lack of effectiveness by itself does not negate the existence or causatory role of oxidative stress in vascular disease. Lack of proven markers of oxidative stress, which could help to identify a subset of population that can benefit from antioxidant supplementation, and the complexity and subcellular localization of redox reactions, are among the factors responsible for the mixed outcomes in the use of antioxidants for the prevention of cardiovascular diseases. To better

understand the role of oxidative stress in vascular diseases, future studies should be aimed at using advances in mouse and human genetics to define oxidative stress phenotypes and link phenotype with genotype.

**Keywords:** NAD(P)H oxidase, ROS, SMC, DNA damage, mitochondria, antioxidants.

## The role of oxidative stress in atherogenesis and thrombosis

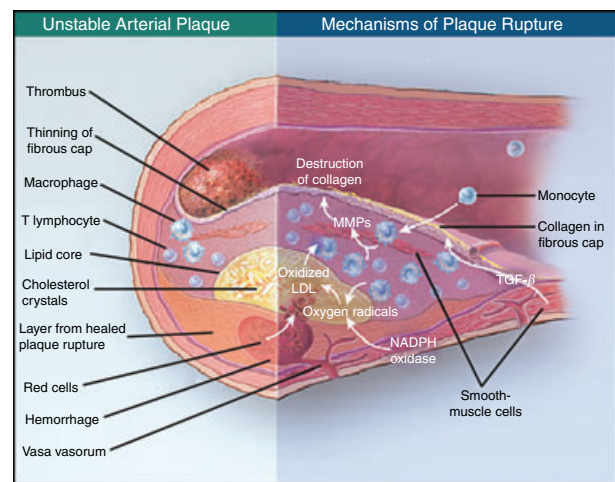
In all industrialized countries, including the USA, more deaths result from cardiovascular disease (CVD) than from any other cause. These diseases include coronary artery disease, hypertension, congestive heart failure, and stroke, all of which are complications of atherosclerosis. Atherogenesis is a complex process, dependent on gene–environment interactions. The search for commonalities has led many investigators to study the role of inflammation in the initiation and progression of atherosclerosis. Because no single genetic marker (or groups of markers) or non-invasive test accurately predicts cardiovascular death, markers of inflammation have been touted as a means to define a ‘phenotype’ of the individual at risk. However, vascular inflammation *per se* is no less complex than atherosclerosis. The inflammatory process is impacted by many cellular and humoral mediators. Although much is known about the basic pathophysiological mechanisms of atherogenesis, it is likely that a more detailed understanding will lead to the development of more precise means to identify individuals with atherosclerosis and their risk for death or serious morbidity. In this review we focus on an important component of vascular inflammation: the role of reactive oxygen species (ROS) as mediators and markers of inflammatory reactions. It is increasingly evident that ROS initiate key intracellular signals that dictate cellular responses to a variety of stresses important in atherogenesis. We review the role of ROS in these processes and the possibility that ROS measurement may define a phenotype of individuals at risk for cardiovascular complications.

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## Atherosclerosis: an overview

In humans and animals, the earliest visible evidence of atherosclerosis is the development of 'fatty streaks' which over time evolve into atheroma. Physiological measurements suggest that even before fatty streaks are present, damage to the endothelium by circulating mediators and physical forces can result in endothelial dysfunction. Both endothelial dysfunction and fatty streaks are present in a high percentage of preadolescent children in the USA and other industrialized countries [1]. Fatty streaks are areas in the vessel wall that contain lipid deposits, but contain a paucity of the cells and cellular debris that characterize more advanced lesions. The transport of oxidized low-density lipoprotein (LDL) across the endothelium into the artery wall is necessary for the formation of fatty streaks and this transport continues as more advanced lesions develop [2,3]. Oxidized LDL (Ox-LDL) is important not only for the formation of the fatty streak but also, along with a host of other physical and/or humoral mediators, for damage to the endothelium. The damaged endothelium allows for continued transport of inflammatory cells and mediators into the vessel wall and these processes generate ROS. Indeed, there is growing evidence that endothelial cells, smooth muscle cells (SMC), and macrophages are all sources of the ROS that modify phospholipids and oxidize LDL. It is also clear that ROS are involved in signaling vascular cell migration and proliferation during the formation of atherosclerotic lesions. In addition, it has been shown that the interaction of Ox-LDL with the vessel wall results in increased expression of adhesion molecules such as P-selectin [4], and chemotactic factors such as monocyte chemoattractant protein-1 [5] and macrophage colony-stimulating factor [6]. This expression leads to tethering, activation and attachment of monocytes and T lymphocytes to the endothelial cells [7]. Under the influence of growth factors and chemoattractants secreted by endothelial cells, leukocytes and SMC, monocytes and leukocytes migrate into the sub-endothelial space [8]. In the presence of high concentrations of LDL (both oxidized and non-oxidized), monocytes ingest lipoproteins and become macrophages. ROS generated by macrophages convert oxidized LDL into highly oxidized LDL, which is taken up by these cells through scavenger receptors to form foam cells—all resulting in what is a vicious cycle of oxidation. Foam cells can coalesce with leukocytes, and these two are the principle cells of the fatty streak. Once a fatty streak is formed, unless the oxidative cycle is interrupted, the foam cells that are present in the fatty streak will secrete growth factors that induce SMC migration from the media into the neointima. SMC proliferation coupled with continuous influx and proliferation of monocytes and macrophages converts fatty streaks to more advanced lesions and ultimately to a fibrous plaque (Fig. 1). Fibrous plaques, by definition, encroach on the arterial lumen, causing disturbed blood flow and hemodynamic forces that further contribute to plaque growth. Calcification can occur and fibrosis continues, yielding a fibrous cap surrounding a lipid-rich core which may also contain dying or dead SMC. In acute coronary syndromes,



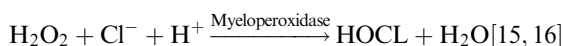
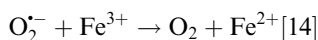
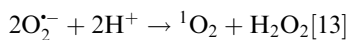
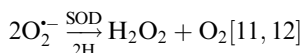
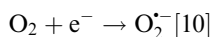
**Fig. 1.** An unstable arterial plaque and the mechanisms of plaque rupture [9]; with permission from *N Engl J Med*. Smooth muscle cell (SMC) migration from the media into the intima, induced by the growth factors secreted by foam cells, leads to the focal thickening of the intima and formation of atherosclerotic plaque. SMC proliferation and the consequent formation of connective tissue coupled with continuous influx and proliferation of monocytes and macrophages lead to more advanced lesions. Following calcification and continued fibrosis, a fibrous cap forms around a lipid-rich core; this may contain dying or dead SMC. Ultimately, the fibrous plaque protrudes into the arterial lumen. Reactive oxygen species (ROS) from many sources, including NAD(P)H oxidases of SMC and macrophages, cause necrosis of SMC. In acute coronary syndromes, matrix metalloproteinases (MMP) from macrophages and T lymphocytes digest collagen and cause thinning of the fibrous cap which eventually results in plaque rupture and thrombus formation in the vessel.

fibrous plaques rupture and initiate thrombus formation that results in vessel occlusion.

## Oxidative stress and atherosclerosis

Oxygen is an abundant molecule in biological systems. Although oxygen is a radical, it is sparingly reactive because its two unpaired electrons, located in different molecular orbitals, possess parallel spins. As a result, oxygen undergoes univalent reduction to form superoxide ( $O_2^{\cdot -}$ ) by means of enzymes such as the NADH, NAD(P)H and xanthine oxidases. Superoxide can also be formed non-enzymically by the reaction of oxygen with redox-active compounds, such as semiquinone, which are involved in the mitochondrial electron transport chain [10]. Superoxide anion is effervescent and under normal circumstances it is dismutated enzymically to hydrogen peroxide ( $H_2O_2$ ) by the action of superoxide dismutases (SODs) [11,12]. In biological tissues,  $O_2^{\cdot -}$  can also undergo non-enzymic transformation into  $H_2O_2$  and singlet oxygen ( $^1O_2$ ) [13].  $H_2O_2$  can react with other radicals such as transition metal  $Fe^{2+}$  to produce highly reactive hydroxyl radicals (Fenton reaction) capable of oxidative destruction of biomolecules. Initial oxidation of  $O_2^{\cdot -}$  by  $Fe^{3+}$  generates molecular oxygen and  $Fe^{2+}$ ;  $Fe^{2+}$  initiates the Fenton reaction and regenerates  $Fe^{3+}$  to propagate the reaction [14]. The oxidative potential of  $H_2O_2$  can be amplified by myeloperoxidase,

a heme protein secreted by phagocytes [15]. Hypochlorous acid (HOCl) is the major oxidant generated by the myeloperoxidase-H<sub>2</sub>O<sub>2</sub>-Cl<sup>-</sup> system at physiological concentrations of Cl<sup>-</sup> [16]. HOCl can react with O<sub>2</sub><sup>-</sup> to produce •OH [17].



Oxidants are produced in eukaryotic cells in normal metabolic events such as respiration and phagocytosis. In addition, low levels of ROS produced in response to growth factors and cytokines are key components of cellular metabolism. Cells have evolved both enzymic and non-enzymic mechanisms to protect against the toxic effects of oxidants. Enzymic mechanisms include SOD, catalase, and glutathione peroxidase (GPx); the non-enzymic antioxidants include glutathione, ascorbate, and  $\alpha$ -tocopherol. Under normal conditions both types of mechanisms operate together to maintain homeostasis. However, under pathophysiological conditions ROS production exceeds the scavenging capacity of cellular antioxidant systems and the resultant oxidative stress can damage the lipids, membranes, proteins and DNA of the cell.

### Modulation of ROS production in vascular cells

#### The NAD(P)H oxidase

Many different enzyme systems are involved in regulating ROS production and degradation in vascular cells. The predominant ROS-generating system in inflammatory cells, the membrane-bound NAD(P)H oxidase, is a major source of O<sub>2</sub><sup>-</sup> generation in vascular cells as well. NAD(P)H oxidase catalyzes the reduction of molecular oxygen by transferring an electron from the substrates NADH or NADPH.



NADPH differs from NADH in that the 2'-hydroxyl group of its adenosine moiety is esterified with phosphate. The preference of the enzyme for the substrate is controversial. Our group [18] and most others [19,20] have shown that NADH is the preferred substrate, but some others [21] have reported that NADPH-driven O<sub>2</sub><sup>-</sup> generation predominates in vascular SMC. However, the preference of the oxidase for either of the

substrates may depend on the methodology used to measure O<sub>2</sub><sup>-</sup> production and also on the cell type [22]. The NAD(P)H oxidase of inflammatory cells generates a large burst of O<sub>2</sub><sup>-</sup> that kills engulfed bacteria; however, the vascular cell NAD(P)H oxidase differs, as described below, in the rate and extent of its generation of O<sub>2</sub><sup>-</sup>. The term 'vascular NAD(P)H oxidase' is used in this review in a comprehensive manner to include low O<sub>2</sub><sup>-</sup>-yielding oxidases present in vascular SMC, endothelial cells and adventitial fibroblasts in contrast to the high O<sub>2</sub><sup>-</sup>-yielding neutrophil NAD(P)H oxidase. The vascular NAD(P)H oxidase has a similar, but distinct structure from the phagocytic enzyme. The phagocytic oxidase contains membrane-bound subunits gp91phox (Nox2) and p22phox, the catalytic site of the oxidase and cytosolic components p47phox, p67phox and G protein rac1 or 2 [23]. Endothelial cells and adventitial fibroblasts possess all the components of phagocytic oxidase [24–26]. The most important distinction between phagocytic cells and vascular SMC is that the latter have gp91phox homologs, NAD(P)H oxidase subunits Nox1 and Nox4 [27–30], and do not appear to possess p67phox [18]. Due to their differing structures, phagocytic oxidase and vascular oxidase are active in different circumstances. The vascular oxidase is active during normal metabolism; its sustained activation occurs in response to agonists. Vascular oxidase also produces less O<sub>2</sub><sup>-</sup>, by several orders of magnitude, than does phagocytic oxidase [22]. Phosphorylation and translocation of p47phox is one of the early steps in the activation of the NAD(P)H oxidase [31].

Evidence for a critical role for NAD(P)H oxidase-derived oxidative stress in atherosclerosis has come from both cell culture studies and animal models of atherosclerosis. NAD(P)H oxidase and O<sub>2</sub><sup>-</sup> production is increased in vascular cells by a variety of agonists relevant to the pathogenesis, including angiotensin II, thrombin, platelet-derived growth factor (PDGF), and tumor necrosis factor (TNF)- $\alpha$  [18,32–34]. Temporal regulation of NAD(P)H oxidase also occurs depending on the vascular flow conditions. Laminar shear stress, which is atheroprotective, has been reported to cause only a transient increase in the activity of the enzyme with a compensatory increase in antioxidant defenses in human umbilical vein endothelial cells. In contrast, atherogenic oscillatory shear stress appears to cause a sustained increase in oxidase activity [32]. In hypercholesterolemic rabbits prone to atherosclerosis, increased NADH-dependent vascular O<sub>2</sub><sup>-</sup> production, presumably related to the elevation of angiotensin II levels, was associated with endothelial dysfunction [35]. AT1-receptor antagonists not only inhibited the oxidase and improved endothelial function but also reduced early plaque formation. These data suggest that oxidative stress plays a crucial role in early stages of atherosclerosis.

In a different model, we have more directly demonstrated that NAD(P)H oxidase-dependent O<sub>2</sub><sup>-</sup> generation plays an important role in atherosclerosis. We used ApoE(-/-) mice deficient in NAD(P)H oxidase activity because they lack ('knockout') p47phox, an essential component of the vascular NAD(P)H oxidase. These mice had lower levels of aortic

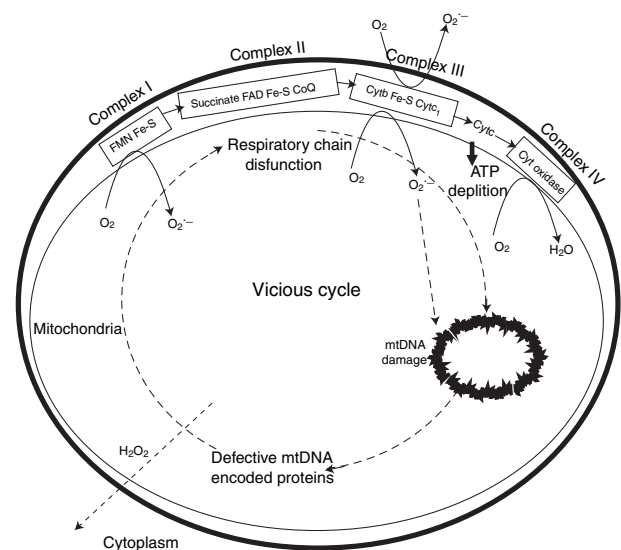
$O_2^{\cdot -}$  production compared with wild-type mice and significantly less atherosclerosis in their descending aortas [36]. Further support for NAD(P)H oxidase-induced oxidative stress in neointimal hyperplasia was observed in balloon-injured porcine [37] and rat [38] coronary arteries. In the rat balloon injury model, Nox1 and p22phox were upregulated 3–15 days; the gp91phox, 7–15 days; and the Nox4, only 15 days after injury. These findings are consistent with both spatiotemporal as well as dynamic and differential regulation of the NAD(P)H oxidase isoforms. Direct evidence has also been obtained for the role of NAD(P)H oxidase in angioplasty-induced neointimal hyperplasia using the gp91 ds-Tat peptide in a rat balloon angioplasty model [39]. The gp91 ds-Tat is a chimeric peptide consisting of a fragment from the Tat peptide of the HIV virus and a fragment of gp91phox which prevents the interaction of p47phox with Nox subunits in cell-free systems. The Tat fragment allowed the ready uptake of the peptide inhibitor into the cells and inhibited both ROS production and neointima/media area and thickness. This peptide also inhibited stretch-induced ROS generation in distended vessels and peroxynitrite formation following angioplasty. We believe that together these data strongly support the hypothesis that oxidative stress induced via activation of NAD(P)H oxidases plays a causative role in atherosclerosis.

Human studies, although they are more correlative than studies conducted in animal systems, also strongly support the hypothesis that NAD(P)H oxidase-derived oxidative stress is important in human atherosclerosis. High levels of vasoactive agonists that induce oxidative stress *in vitro* have been demonstrated in human atherosclerotic plaques by a number of investigators. Angiotensin II was observed at the shoulder regions of atherosclerotic plaques in human coronary arteries [40]. This is significant because most instances of plaque rupture, the proximate cause of myocardial infarction, occur at the shoulder of atherosclerotic plaques. Not only is angiotensin II present in these sites, but there is also an abundance of the AT1 receptor [40], to which angiotensin II binds. Similarly increased expression of a human thrombin receptor (PAR-1) was observed in human atheroma [41]. Recently, Azumi *et al.* [42] have reported that ROS production and Ox-LDL are spatially associated with NAD(P)H oxidase subunit p22phox in atherosclerotic human coronary arteries. This observation supports the notion that ROS catalyze the formation of Ox-LDL, leading to its uptake by macrophages and resulting in the formation of activated foam cells [43]. The same authors also reported that ROS production was significantly higher in patients with unstable coronary syndromes compared with patients with stable angina, suggesting that ROS might even modulate plaque stability. These results are supported by the observation that intimal SMC, but not medial SMC and macrophages, express high levels of NAD(P)H oxidase subunits [44]. ROS induce plaque instability by inducing the expression of matrix-degrading enzymes such as matrix metalloproteinase (MMP)-2 and MMP-9 [45] and inducing endothelial and SMC apoptosis via Ox-LDL [42]. Although the causal link is more difficult to establish in human studies, in concert with findings in animal

models of atherosclerosis, these studies suggest that ROS are important in human atherosclerosis also.

### Mitochondrial ROS generation

It is becoming increasingly clear that under pathological conditions, mitochondrial oxidative phosphorylation can become uncoupled and results in the generation of  $O_2^{\cdot -}$ . The paradigm that mitochondrial ROS are key determinants of myocardial dysfunction has been addressed by a number of investigators in both experimental animal systems and humans. For example, in the rabbit heart, myocardial ischemia decreased cytochrome oxidase activity [46,47], whereas inhibition of this enzyme enhanced myocardial damage [48]; this suggests that disruption of electron flow at cytochrome oxidase can lead to both enhanced ROS production and myocardial damage. Increased mitochondrial ROS production also correlated well with reduced oxidative capacity and development and progression of left ventricular remodeling and failure in mice [49]. Clinical manifestations of the disorders of oxidative phosphorylation invariably include neuropathy, myopathy and cardiomyopathy (reviewed in [50]). Examination of oxidative phosphorylation enzyme activities in patients with cardiomyopathy revealed defects in respiratory chain complexes I, III, IV and V. Similarly, a significant decrease in the activity of complex I was observed in the failing myocardium of explanted hearts compared with donor hearts [51]. Thus, although it has been shown that increased myocardial damage and diminished mitochondrial function correlate with abnormalities in electron transport complexes [52], the decline in mitochondrial function further exacerbates ROS production which leads to a vicious cycle [53] (Fig. 2).



**Fig. 2.** In cardiovascular pathological conditions, increased reactive oxygen species (ROS) production leads to respiratory chain dysfunction and mtDNA damage. Mitochondrial respiratory chain dysfunction, in turn, results in increased ROS production, thus completing a vicious cycle.

### Other oxidase systems

Xanthine oxidase (XO) generates  $O_2^{\cdot-}$  by the catalysis of hypoxanthine and xanthine to uric acid. This is another major source of vascular oxidative stress under pathophysiological conditions [10]. Xanthine oxidase is present in plasma and endothelial cells but not in SMC [54]. In hypercholesterolemic rabbits, diet-induced atherosclerosis has been attributed to increased oxidative stress caused by the activation of XO [55]. In hypercholesterolemic patients, administration of the XO inhibitor oxypurinol improved vasodilation. Several additional lines of evidence support an important role for XO in atherosclerosis [56]. These include: (i) electron spin resonance studies show significant activation of both NAD(P)H oxidase and XO in the coronary arteries of patients with coronary artery disease; (ii) endothelial XO is inversely proportional to and positively related to the effect of vitamin C on endothelium-dependent vasodilation in these patients; and (iii) increase of vascular XO activity is an early event in asymptomatic young individuals with familial hypercholesterolemia.

Another important ROS-generating system is represented by the lipoxygenases (LO). The LO are non-heme-containing dioxygenases that oxidize polyunsaturated fatty acids to generate hydroperoxy fatty acid derivatives; these are another important source of ROS production in the vascular wall [10]. Leukocyte-type 12/15-LO and its products, 12(S)-hydroxy-eicosatetraenoic acid [12(s)-HETE] and 15(S)-HETE, have been implicated in atherogenesis. In ApoE(-/-) mice, homozygous deletion of the 12/15-LO results in a marked inhibition of early atherosclerosis [57]. Moreover, inhibition of 12/15-LO reduced hypertension in hypertensive rats [58] and prevented intimal hyperplasia in balloon-injured rat carotid arteries [59], which bolsters the role of this enzyme in vascular pathology. Further, in cultured cells, 12/15-LO activation leads to SMC growth, hypertrophy, and inflammatory gene expression; and SMC deficient for this enzyme demonstrate impaired mitogen-induced ROS generation [60,61].

Nitric oxide synthases (NOS), and in particular endothelial NOS (eNOS) can also be sources of  $O_2^{\cdot-}$  under certain pathophysiological conditions [54]. These enzymes transfer electrons from a heme group in the oxygenase domain to the substrate L-arginine to form L-citrulline and nitric oxide (NO) in the presence of a cofactor 5,6,7,8-tetrahydrobiopterin ( $BH_4$ ). If either  $BH_4$  or L-arginine availability decreases, eNOS switches from a coupled state (generates NO) to an uncoupled state (generates  $O_2^{\cdot-}$ ) as the electrons from the heme reduce oxygen to form  $O_2^{\cdot-}$  [62]. Peroxynitrite oxidation of  $BH_4$  was shown to be the main mechanism for its deficiency and pathogenic uncoupling of NOS [63]. It was further reported that oxidation of  $BH_4$  requires NAD(P)H oxidase, as this process does not occur in p47phox(-/-) mice that are made hypertensive [64]. The majority of studies report that induction of NO by L-arginine supplementation decreases atherosclerosis in hypercholesterolemic animal models and improves vascular function in hypercholesterolemic or hyperhomocysteinemic humans [65], whereas other studies fail to show such effects [66].

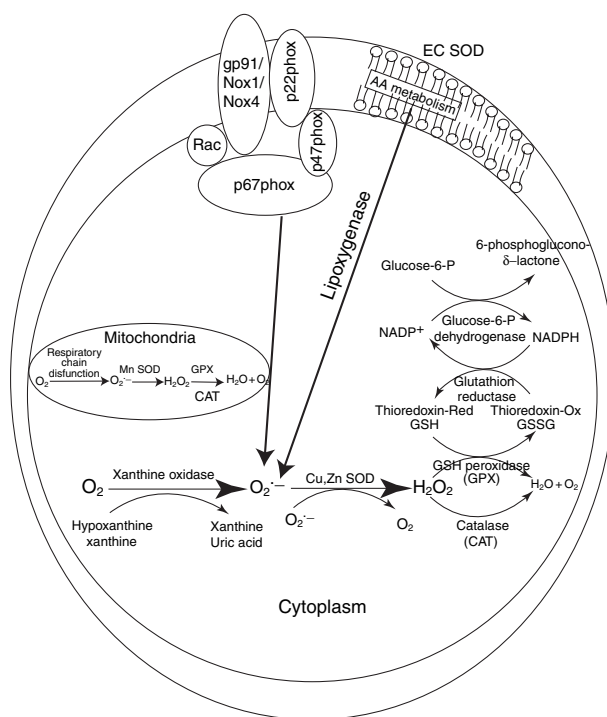
### ROS scavenging systems

Just as there are many systems within the cell that generate ROS, there are many cellular systems that can degrade ROS. Catalase, SODs, and disulfide reduction reactions (GPX/glutathione reductase/GSH) have all been shown to be important (Fig. 3). Although beyond the scope of this review, the degradation of ROS is equally important to the generation of ROS in regulating ambient levels of ROS in the cell.

### Oxidative stress and aging

Age is a risk factor for many vascular diseases and adults over 65 are two and one-half times more likely to suffer from hypertension and four times more likely to suffer from coronary heart disease than are those in the 40–49 years age group [67]. Age–risk factor and age–disease interactions are two very plausible explanations for the increased incidence of CVD in the elderly. In the age–risk factor hypothesis, the longer the individual is exposed to age-dependent risk factors such as hypertension, diabetes, obesity, and sedentary life style, the greater the likelihood that clinically important CVD will develop. In the second hypothesis, cardiovascular structure and function change during the aging process and specific pathophysiological mechanisms linked to experimental hypothesis, when superimposed on this altered substrate, result in clinically manifest CVD.

Evidence for increased oxidative stress with aging and its involvement in greater susceptibility to vascular disease is



**Fig. 3.** Reactive oxygen species (ROS) producing and scavenging enzymes. Glucose-6-P, Glucose-6-phosphate; GSH, glutathione; GSSG, glutathione disulfide; SOD, superoxide dismutase.



obtained from biochemical, physiological and genetic studies. Arterial remodeling in rats includes progressive dilation of vessels associated with intimal thickening [68]. Alteration in the collagen and elastin content of aorta from aged rats coincides with decreased arterial compliance [69]. Increased expression of transforming growth factor- $\beta$ , intercellular adhesion molecule-1, and MMP-2 staining and activity, often localized near the breaks in internal elastic membrane, was observed in the thickened intima of aged rats compared with younger rats [70]. Arteriopathy associated with aging was linked to phenotypic alteration of vascular SMC when MMP-2 secretion, in response to cytokine treatment, was greater in the aortic SMC from aged rats compared with those of young rats. Age-associated arterial remodeling can be attributed to enhanced oxidative stress [71,72]. Interestingly, it was recently shown that homozygous deletion of p66shc, a gene involved in systemic and tissue oxidative stress, not only decreased early atherogenesis in mice fed a high-fat diet [73], but also extended their lifespan [74]. This suggests that steady-state levels of intracellular oxidants and oxidative damage are genetically determined and are regulated by environmental cues [75].

The effect of aging-associated oxidative stress on vascular disease can be inferred from the study of antioxidant enzyme activities and the beneficial effects of antioxidants in alleviating disease symptoms. In the cerebral cortex and hippocampus of stroke-prone spontaneously hypertensive rats, activity of the antioxidant enzymes SOD and NOS decreased with age and was correlated with cerebral lesions [76]. Arterial pressure was increased, phenylephrine-induced vascular contraction was enhanced, and acetylcholine-induced vascular relaxation was reduced in aged spontaneously hypertensive rats (SHR) compared with young ones [77]. Tempol, an SOD mimic, reduced arterial pressure and phenylephrine-induced vascular contraction in aged SHR rats. In contrast, in aged SHR rats treated with tempol and vitamin E + C, L-NAME ( $N^{\omega}$ -nitro-L-arginine methyl ester), a NOS inhibitor, and ODQ (1H-[1,2,4] oxadiazolo [4,3] quinoxalin-1-one), an inhibitor of cGMP (guanosine 3',5'-cyclic monophosphate) production in SMC, inhibited acetylcholine-induced relaxation, and enhanced phenylephrine-induced vascular contraction. These data suggest that aging is associated with impaired vascular relaxation pathways and that oxidative stress is involved in the reduction of vascular relaxation, promotion of vascular contraction, and hypertension in aged rats [77].

Similar age-related adaptive changes also occur in the vascular structure of normal humans. These changes include increases in arterial stiffening; increases in aortic root size and aortic wall thickness; and measurable abnormalities in vascular function such as enhanced arterial systolic pressure, pulse pressure, and pulse wave velocity [78]. Collagen content is increased but elastin content is decreased [79]. As in animal models, age-related endothelium-dependent vasodilation was observed in humans [80]. Acetylcholine-induced NOS-dependent vasodilation decreased with age in normotensive individuals whereas it was present in younger hypertensive subjects (age < 30 years). Vitamin C enhanced acetylcholine-dependent

vasodilation in both normotensive and hypertensive individuals but it was evident in much older normotensive individuals (age > 60 years) compared with younger hypertensive individuals (age > 30 years). These results suggest that early dysfunction of the NO system is later followed by age-related oxidative stress-impaired endothelium-dependent vasorelaxation. The prevalence of non-fatal myocardial infarction increases with age and is more significant in individuals with low-activity antioxidant paraoxonase1 polymorphic allele [81].

### Oxidative stress and DNA damage

DNA damage is another purported mechanism of oxidative stress-induced vascular disease. Evidence for DNA damage in atherosclerosis includes the presence of 8-hydroxy-2'-deoxyguanosine (8-OH-dG), a typical indicator of oxidative DNA damage and DNA adducts in atherosclerotic lesions and tissues [82–84]. Patients with atherosclerosis have significantly higher levels of 8-OH-dG in leukocytes compared with healthy subjects [85,86]. A similar increase in 8-OH-dG levels was observed in macrophage-derived foam cells in the atherosclerotic plaques of rabbits fed a cholesterol-rich diet [87]. DNA strand breaks and DNA repair enzymes, which were elevated in cholesterol-fed animals, were reduced with dietary lipid lowering.

Compared with nuclear DNA, mitochondrial DNA (mtDNA) is more prone to oxidative DNA damage because of its proximity to the sources of ROS generation in the mitochondrial inner membrane, its lack of protective histone-like proteins, and its poor DNA damage-repair activity [88]. MtDNA damage eventually leads to decreased mtRNA transcription and the consequent loss of function [89]. Consistent with this, we have shown that exogenous ROS cause mtDNA damage and decrease mtDNA-encoded gene transcription in a dose-dependent manner [90]. The resultant decrease in cellular ATP levels and mitochondrial redox function in vascular cells indicates how mtDNA damage affects vascular cell function in the setting of atherogenesis. Decreases in mtRNA and protein levels that lead to mitochondrial dysfunction in heart failure could also arise from a decrease in mtDNA copy number [91]. The generation of oxidative energy in mitochondria is essential for normal cardiac function; deficiencies in respiratory enzyme activities and oxidative phosphorylation associated with enhanced oxidative stress are observed in heart failure [92]. We have demonstrated that mtDNA damage not only correlated with the extent of atherosclerosis in human specimens and the aortas from ApoE(-/-) mice, but also preceded atherogenesis in ApoE(-/-) mice [93]. ApoE(-/-) mice deficient in manganese SOD (SOD2), a mitochondrial antioxidant enzyme, exhibited early increases in mitochondrial DNA damage and a phenotype of accelerated atherogenesis at arterial branch points. Enhanced mtDNA damage, as measured by increases in protective 8-oxo-dGTPase levels, was observed in post-myocardial infarction mice hearts, which suggests that mtDNA damage is important in heart failure [94].

### Oxidative stress and heart failure

Oxidative stress is a hallmark of chronic heart failure [95,96]. Antioxidants prevent the progression of several pathologic processes—such as cardiac hypertrophy, cardiac myocyte apoptosis, ischemia-reperfusion, and myocardial stunning—which lead to heart failure in animal models. TNF- $\alpha$  and angiotensin II induced hypertrophy in rat cardiac myocytes in a ROS-dependent manner and this was prevented in the presence of the antioxidants butylated hydroxyanisole, vitamin E, and catalase [97]. In vascular SMC, angiotensin II-induced hypertrophy was significantly reduced by overexpression of catalase, and transfection with antisense p22phox inhibited angiotensin II-induced H<sub>2</sub>O<sub>2</sub> production, suggesting that NAD(P)H oxidase-induced oxidative stress was an underlying cause of hypertrophy [98]. NAD(P)H oxidase-dependent ROS production increased progressively during compensated hypertrophy and peaked at the stage of decompensated heart failure in guinea pig, indicating that ROS may be important mediators of heart failure [99]. Structural damage and contractile dysfunction in the failing heart might also arise from xanthine oxidase [100] and mitochondria [101]. Enhanced ROS production may reduce NO bioavailability and impair diastolic function [102], and enhanced levels of peroxynitrite may cause cytokine-induced myocardial contractile failure by inactivating sarcoplasmic Ca<sup>2+</sup>-ATPase and dysregulating Ca<sup>2+</sup> homeostasis [103,104].

Emerging evidence indicates that oxidative stress in general and NAD(P)H oxidase-derived ROS in particular are important in heart failure. Upregulation of NAD(P)H oxidase-derived ROS was observed in the failing myocardium of patients with ischemic or dilated cardiomyopathy [105]. In patients with heart failure, plasma TNF- $\alpha$  levels and platelet-derived NAD(P)H oxidase activity were elevated [106]. Recently, the presence and activation of NAD(P)H oxidase along with increased translocation of regulatory p47phox from the cytosol to the sarcolemmal membrane was established in human cardiomyocytes [107]. Together, these results suggest that oxidative stress contributes to the pathophysiology of cardiac dysfunction in heart failure.

### Oxidative stress and stroke

Oxidative stress has been implicated in brain injury following ischemia and reperfusion, and free radicals produced during cerebral ischemia induce lipid peroxidation, protein oxidation, and DNA damage [108–110]. The best evidence for oxidative stress in ischemia-induced brain injury was obtained from genetic manipulation of antioxidant enzymes in rodents. Exacerbated infarct size [111], increased mitochondrial cytochrome c release, and DNA fragmentation [112] were observed in SOD2 knockout mice following permanent focal cerebral ischemia, whereas mice that overexpress SOD2 showed neuronal protection after transient focal cerebral ischemia [113]. In consonance with this, following photothrombotic ischemia, a reduction in blood–brain barrier disruption and infarct size

along with decreased oxidative DNA damage and DNA fragmentation were observed in copper/zinc SOD (SOD1) transgenic mice compared with wild-type mice [114]. This suggests that O<sub>2</sub><sup>-</sup> plays a critical role in oxidative cellular injury. In a mouse ischemia-reperfusion model, deficiency of the antioxidant enzyme GPx-1 resulted in a 3-fold increase in brain infarct volume when compared with wild-type mice [115]. Increased infarct volume was associated with early activation of caspase-3 expression and enhanced apoptosis. Consistent with this, infusion of ebselen, a GPx mimic, before and during middle cerebral artery occlusion in rats conferred significant protection against ischemic damage [116]. Support for the role of oxidative stress in cerebral ischemia was also obtained from mice deficient in NOS isoforms. A reduction in infarct size was noted following permanent focal cerebral ischemia in mice deficient in neuronal (nNOS) [117,118] and inducible (iNOS) [119] isoforms, whereas an increase in lesion volume was observed in endothelial-type isoform (eNOS) knockout mice [120]. Electron spin resonance spectroscopy studies revealed high oxidative stress in the brains of stroke-prone spontaneously hypertensive rats compared with Wistar-Kyoto rats [121]. A decrease in glutathione concentration preceded cerebral infarction in severe transient focal cerebral ischemia in rats, suggesting that early oxidative stress might contribute to cerebral damage in stroke [122].

Significant increases in plasma homocystine, lipid peroxide, and NO and a decrease in ascorbate levels were observed in stroke patients compared with healthy controls [123]. Circulating phagocytes showed enhanced ROS production by opsonin receptor-dependent and opsonin receptor-independent mechanisms in patients with ischemic stroke compared with healthy individuals [124]. Together, these observations suggest that oxidative stress plays a distinct role in the pathogenesis of ischemic brain injury.

### Oxidative stress and arterial thrombosis

Thrombosis, a consequence of plaque disruption, is the late complication of atherosclerosis and arterial thrombi are primarily composed of platelets [125]. Endothelial denudation and high shear force around the swollen plaque are also potent stimuli for coronary thrombosis [126]. Arterial thrombosis is a major pathogenic mechanism in acute coronary syndromes [127,128] and involves cross-talk among platelets, leukocytes and endothelial cells [129]. A plethora of stimulatory or inhibitory agonists may influence the formation of platelet–leukocyte aggregates which may facilitate leukocyte tethering, rolling and migration and enhance thrombin generation [130,131]. Leukocyte-released O<sub>2</sub><sup>-</sup> is one of the factors that could induce platelet–leukocyte aggregation [132]. Procoagulant activities of monocytes/macrophages are mediated by tissue factor [133], which is the receptor and cofactor for plasma factor VII(a), which, in turn, initiates the coagulation cascade leading to thrombogenesis *in vivo* [134]. It has also been shown that polymorphonuclear leukocytes modulate tissue factor expression by mononuclear cells via ROS, suggesting

that oxidative stress induced by polymorphonuclear monocytes plays an important role in the pathogenesis of thrombosis and atherosclerosis [135]. Emerging evidence supports the presence of NAD(P)H oxidase in platelets that can be activated via protein kinase C [136–138]. In fact, NAD(P)H oxidase activation and ROS generation were involved in tissue factor upregulation in activated platelets [139,140]. Superoxide formation by hyperactive platelets during hyperhomocysteinemia may be one mechanism that contributes to arterial thrombosis [141,142].

In pathophysiological conditions such as hyperglycemia, upregulation of  $O_2^{\cdot -}$  production from hyperactive platelets might form the physiological basis for prolonged thrombus formation [136]. The ROS-dependent enhancement of the activation of the platelets is kept in check by endothelium- and platelet-derived NO. eNOS overexpression in endothelial cells inhibits platelet aggregation *in vitro* [143]. In addition, NO can inhibit platelet 12-LO, an enzyme involved in the synthesis of the radical 12(S)-HETE [144]. NO can react with  $O_2^{\cdot -}$  to form the radical peroxynitrite and, paradoxically, localized peroxynitrite generation can limit thrombosis in several ways. These include: (i) limiting available  $O_2^{\cdot -}$ ; (ii) impairing thromboxane  $A_2$  generation by inactivating cyclooxygenase-1 [145]; (iii) S-nitrosothiol-dependent inhibition of thromboxane  $A_2$  synthesis [146]; and (iv) inhibiting cyclooxygenase-1 [147]. Then platelet-derived arterial thrombosis is both a cause and a consequence of oxidative stress in the vasculature [148]. These *in vitro* observations suggest that platelet–leukocyte interactions and platelet-derived ROS are important mediators of thrombosis and atherosclerosis.

The importance of oxidative stress in arterial thrombosis is also obtained from experimental animal models of thrombosis and clinical investigations. A deficiency of bioactive NO is associated with arterial thrombosis in mice that lacked functional eNOS (NOSIII). These mice were deficient in platelet-derived NO also and had shorter bleeding times compared with wild-type mice [149]. In addition, thrombocytopenic wild-type mice transfused with eNOS-deficient platelets had significantly shorter bleeding times compared with mice transfused with wild-type platelets, which suggests that lack of platelet-derived NO alters the *in vivo* hemostatic response by increasing platelet recruitment. In an experimental mouse thrombosis model a moderate iron overload markedly accelerated thrombus formation, impaired vasoreactivity, enhanced production of ROS and systemic markers of oxidative stress also [150]. ROS scavenger DL-cysteine completely abrogated the iron load-induced thrombus formation which corroborates the role of oxidative stress, at least in specific thrombotic events. Antioxidant vitamin E has been shown to decrease arterial  $O_2^{\cdot -}$  production, increase platelet NO release, and delay intra-arterial thrombus formation [151,152]. Also supporting the role of oxidative stress in arterial thrombosis is the observation that ROS upregulate the expression of plasminogen activator inhibitor (PAI)-1 in endothelial cells [153] and enhanced PAI-1 expression in vasculature promotes prothrombotic phenotype and atherosclerosis in ApoE(–/–) mice [154].

Evidence for a causal relationship between oxidative stress and arterial thrombosis was obtained from investigation of patients with childhood stroke [155,156]. These patients had deficiency of plasma GPx-3 and platelet inhibitory activity of the NO donors to the plasma of these patients was restored only upon exogenous addition of GPx [155]. In addition, P-selectin expression in response to thrombin treatment on platelets in these patients correlated well with the extent of GPx-3 deficiency [156]. NO production is impaired from the aggregating platelets of patients with acute coronary syndromes [157]. Although the exact mechanism for decreased NO release from the platelets of these patients has not been established, oxidative stress was implicated in the altered function of the platelets. Together, these observations indicate a strong correlation between oxidative stress and arterial thrombosis.

### Antioxidants: the good, the bad and the ugly

Despite the preponderance of evidence for the association of increased oxidative stress with various vascular diseases, the outcomes of the use of antioxidants for prevention of CVD have been mixed [158,159]. Of the 12 studies that used antioxidant vitamins at varying concentrations and follow-up times, five showed benefit with regard to their respective primary endpoints. In the *Cambridge Heart Antioxidant Study (CHAOS)*, natural alphatocopherol (RRR-AT) at a dose of either 400 or 800 IU day<sup>-1</sup> caused a significant reduction in the combined primary endpoints of cardiovascular death and non-fatal myocardial infarction [160]. In the *Secondary Prevention with Antioxidants of Cardiovascular disease in End-stage renal disease (SPACE)* study, RRR-AT at 800 IU day<sup>-1</sup> significantly reduced the composite primary endpoint—which includes fatal and non-fatal myocardial infarction, ischemic stroke, peripheral vascular disease, and unstable angina—in hemodialysis patients with pre-existing CVD [161]. Investigation of transplant-associated atherosclerosis with a small sample size (total  $N = 40$ ) revealed inhibition of progression of coronary intimal index (plaque area/vessel area) with combined supplementation of RRR-AT (800 IU day<sup>-1</sup>) and ascorbic acid (AA; 1000 mg day<sup>-1</sup>) [162]. In the *Antioxidant Supplementation in Atherosclerosis Prevention (ASAP)* Study ( $N = 440$ ), a combination of RRR-AT (272 IU day<sup>-1</sup>) and slow-release AA (500 mg day<sup>-1</sup>) significantly decreased carotid intimal medial thickness in hypercholesterolemic males [163]. During 16 years of follow-up with the women in the *Nurses' Health Study* ( $N = 85\ 118$ ), vitamin C intake of  $> 359$  mg day<sup>-1</sup> from diet plus supplements or supplement use alone was associated with a significant reduction in non-fatal and fatal myocardial infarction [164]. Contrary to these positive studies, seven other antioxidant supplementation studies did not show any effect on the primary endpoint of cardiovascular events (reviewed in [158]).

There could be several reasons for the apparent lack of effectiveness of antioxidants in preventing CVD. Atherosclerosis is a multifactorial disease and oxidative stress may be the predominant effector of pathology only in a subset of patient



population. This could be the reason for the apparent lack of efficacy of antioxidants tested in large, prospective cardiovascular clinical trials. The second reason could relate to the optimum dose and the type of antioxidants that are used. In this regard, a dose of 800 IU day<sup>-1</sup> of RRR-AT and 500 mg day<sup>-1</sup> of AA have been suggested as effective threshold doses [158,165]. However, a recent meta-analysis of data from 19 clinical trials revealed that high doses ( $\geq 400$  IU/d) may slightly increase all-cause mortality (Miller *et al*, AHA meeting, New Orleans, LA, USA). Antioxidant formulation is also important as five out of seven antioxidant supplementation trials that are ineffective on primary endpoints used all-racemic-AT (all-rac-AT), whereas four trials described above that had positive results used RRR-AT [158]. The third reason for antioxidants' inefficacy in CVD prevention could be the complexity of redox reactions *in vivo* and the possibility of a paradoxical increase in oxidant generation by antioxidants. For example, high doses of vitamin C supplementation increased free radical-induced DNA damage in healthy volunteers [166]. Similarly  $\beta$ -carotene was linked to an increased risk of ischemic heart disease [167] and it could be that this antioxidant acts as an oxidant under certain conditions [168]. It is hypothesized that transition metal ions are released from metalloproteins after initial oxidative stress and the transition metals can act as catalysts in the presence of antioxidants to exacerbate the free radical damage [169].

Until our understanding of the nexus between oxidative stress and CVD advances to the extent that permits the effective use of antioxidant vitamins for primary prevention of vascular disease, we must rely on a combination of preventive measures such as healthy diet and lifestyle, and proven pharmacological agents such as statins and ACE inhibitors, to combat vascular disease.

## Conclusions

Investigation of animal models of atherosclerosis and correlative data from human studies implicate oxidative stress in the development of atherosclerosis and other vascular diseases. However, our understanding of the ROS-dependent signal transduction mechanisms, their localization, and the integration of both ROS-dependent transcriptional and signaling pathways in vascular pathophysiology is limited. In order to develop effective pharmacological interventions, the oxidative stress phenotypes that underlie various vascular pathologies will need to be defined and a phenotype-genotype linkage that incorporates the recent advances in mouse and human genetics will need to be devised. These should be complemented by studies that phenotype vascular cells and their progenitors, which will further contribute to the development of regenerative therapies. Ultimately, remedial measures for oxidative stress-induced vascular malfunction will employ a combination of preventive and regenerative therapies.

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